

“THINKABOUTIT” THOUGHT FOR THE DAY

Friday; December 21, 2007

There are several phrases that have a tendency to elicit fear in our lives. “April 15th”, “lutefisk”, “public speaking” and “annual review” traditionally send us into a state of panic; but, there is another word from which we have a tendency to retreat – meditation. For some reason, when many of us think about meditation the images of painful yoga positions and eastern-based chanting come to mind; but, in reality meditation can be an easy and positive thing.

If you would like to give meditation a try, here is a simple “how to” guide. First, throughout the week jot down reflective thoughts on pieces of paper. They can be as deep as a thought-provoking sermon or as simple as a bumpersticker that strikes a resonate chord. Then, at a predetermined time, sit down with your collection, choose one of two and start pondering them through intrapersonal reflection, talking with a friend or journaling your thoughts in a book. The manner isn’t as important as the thoughts that come from the process.

Would you like to meditate? Don’t get scared, it started!

Think about it! For the Madison Avenue Church of Christ; this is Charlie Wharton.