

The Way of a Pilgrim — Mantra

The pilgrim's inner journey begins when he is struck upon hearing the words of Paul to "pray without ceasing." He visits churches and monasteries to try and understand how to pray without ceasing. His travels lead him to a spiritual father who teaches him the Jesus Prayer — "Lord Jesus Christ, Son of God, have mercy on me, a sinner." The father gives him practical advice on how to recite the prayer uninterrupted.

How to Practice

This classic method of Christian meditation is written of eloquently in *The Way of a Pilgrim* by an unknown author. In this method of meditation, you would chant the scripture:

"Lord Jesus Christ, Son of God, have mercy on me, a sinner."

As you chant the first half of the verse — " Lord Jesus Christ, Son of God," you could feel that your consciousness was rising up the body to the Lord. Then, as you chant, "have mercy on me, a sinner," you feel that God's love and grace is descending over your being. You can remove the "a sinner" part if you prefer.

In the book, the pilgrim would chant this thousands of times each day. And, in still, quiet times he would be more thorough in his awareness of the call going out from him to God during the first part of the scripture and the grace and mercy of God pouring over his being as he chanted the second part of the scripture.

Benefits

This is a marvelous method of Christian mystical meditation and can lead to many wonderful states of higher consciousness.