

Meditation vs. Contemplation

Meditation thinks
and considers;
contemplation tastes
and enjoys.

Meditation searches
and explores;
contemplation sits
and savors.

Meditation
moves around;
contemplation
centers down.

Meditations looks for
an opportunity;
contemplation has found one.

Meditation examines
a possibility;
contemplation has chosen it.

Meditation takes
time;
contemplation partakes of
eternity.

Prayer climbs up
meditation
to reach
contemplation.

The spiritual life, therefore,
needs both meditation
and contemplation;
but meditation
is the path,
and contemplation
is the prize.

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