

The meditation taught in Scripture differs greatly from that of Eastern religions. It is important to understand the differences.

*Christian Meditation*

Focuses on filling the mind with an awareness of God's presence.

Recognizes Holy Scripture as the only standard by which truth is established.

Encourages one to understand and identify God's reality.

Highest level is an encounter with the living God.

Dependent upon the indwelling Holy Spirit to accomplish God's purposes within us.

Results in a gaining of our true identity in Christ.

Has as its goal greater love for God and service to others.

*Eastern Meditation*

Focuses on emptying the mind.

Recognizes no objective reference for establishing truth.

Encourages one to withdraw from reality.

Highest level is "nirvana"-a complete merging of one's self into the consciousness of the universe.

Dependent upon one's human ability to achieve a certain state.

Results in a loss of personal identity.

No goal outside of the experience itself.

Taken from Patricia McCary Rhodes' book *The Soul at Rest*.