

Contemplative Meditation

Hod

- When you wish to engage in contemplative meditation, choose the subject/object of contemplation and sit down in a place where you will not be disturbed. Let your body find its own natural rhythm of breath and relax while remaining alert. When you are centered, fill your mind with the subject-object of contemplation; systematically going over every detail you know on the subject/object, thinking of nothing other than this one subject/object. When you have exhausted everything you know about the subject/object, let go of it completely and abide in silent meditation, as though leaving it to your holy soul. If your mind begins to wander, engage in the contemplation again, going over it completely and then once again letting go of it in silent meditation. Do this several times and whether something comes or not, conclude the session of contemplation and go about other business of your day. Once seeding your deeper mind – your subconscious – in this way, it will continue the contemplation.
- It is like fishing: The contemplation is baiting the hook and the silent meditation is throwing the line into the water. Sometimes you will gain new insight and knowledge quickly, while on other occasions something will come only after a period of time passes. There will be other times when you will go away having caught nothing. It is not uncommon that insight and knowledge may flood the mind at another time when you are not actively practicing the contemplative meditation. Sometimes, the new insight or knowledge might even come by way of a dream. One may have to contemplate and meditate upon a subject/object many times before any response comes from the divine intelligence. Whether knowledge and understanding comes swiftly or takes some time, practice contemplative meditation frequently upon the subject-object until insight and knowledge comes. If you contemplate the subject-object consistently, you will always gain what you seek in due season. Those who master the art of contemplative meditation are able to direct their mind to a subject/object and gain knowledge and understanding instantly, as though something from nothing.
- If one desires to, one can light a candle and a stick of incense while one practices contemplative meditation, and one can pray beforehand that God might empower one's meditation. Likewise, it can be helpful to chant divine names that correspond to the subject-object of one's meditation or to invoke the spirits of the saints and holy angels (tzaddikim and maggidim) into it. However, the method of contemplative mediation remains the same and can be used alone without any supports.