

### Meditation and Change of Heart

The purpose of this document is to both define and compare meditation and change of heart. For years I have been defining prayer that refines our heart. There is nothing more obvious than a change of heart. But to recognize that change, our mind must know what is on our heart. Meditation is a word that comes from the language of Buddhism. Both languages (Buddhist and Christian) use the words heart, mind and body, but these definitions will show the processes of medication and heart change are opposite. The question here is: can we get to the same place using opposite pathways? Both paths connect us to our deepest love. I will define them so you can compare and decide.

### The Buddhist Presence

In meditation, the Buddhist begins by resting the mind and body. Then he (he/she) recites phrases to himself, phrases designed to help him improve where he believes he needs improvement. Led by his feelings he then expands his meditation to the improvement of others, animals, the whole earth and all beings. Then (led by his feelings) he may also be ready to expand his meditation to the most difficult people in his life. As the Buddhists believe, I believe this kind of focus (called “presence”) would calm your life and keep you connected to your heart.

### The Christian Lamp or Penance

In Christianity, we are also encouraged to know what is on our heart. We examine it with the help of a lamp, a lamp we can intensify by praying in our spirit. When we confess what we see, our spirit communicates with the Holy Spirit. In the process where he uses his refining fire to change our heart, heart change is the Holy Spirit’s job. In other words, we sacrifice our desires by circumcising or opening our heart to God. He changes our heart. Once we have done our part, he has done his, and (as we were designed to do) we continue to do what is on our heart. However, doing and believing are not equal. Belief is a gift from God that also comes by prayer. We are responsible for only two things in this heart change and belief process called penance: to open our hearts and beseech (beg) God for the things he has told us personally and in the Bible. By the way, he likes to speak to us personally through other Christians.

### Summary: Meditation and Heart Change

The purpose of this document is to define and compare Buddhist Meditation and Christian Heart Change. There is nothing more obvious than a change of heart. But to recognize that change, our mind must know what is on our heart. Meditation is a word that comes from the language of Buddhism. Both paths connect to our deepest love. Both paths seek the same result. But, God participates in one process and not the other. I defined them so you can compare and decide. Both paths seek the same result; but, God participates in only one.