



Christian Meditation

Hans Urs von Balthasar

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When it comes to meditation the decisive question, according to Hans Urs von Balthasar, is whether God has spoken or whether the Absolute remains the Silence beyond all words . Christianity claims God has spoken, and spoken fully, in his Son, the Word made flesh. While God remains mysterious, he is not utterly unknown or unknowable.

Von Balthasar insists through Christian meditation we enter with mind and heart into God s self-disclosure. In Jesus, God reveals his own inner depths to us. At the same time, because Jesus is God-made-man, he also reveals our inner depths to ourselves.

Christian Meditation is at once a book about what meditation is, in light of God s revelation, and a book that assists believers to meditate. In a treatment that is both fresh and profound, von Balthasar describes the central elements of all Christian meditation, provides a guide for meditation and then points the way to the union that prayer achieves in the footsteps of Mary, within the Church and in and for the world.

"Christian meditation is entirely trinitarian and at the same time entirely human. In order to find God, no one need reject being human personally or socially, but in order to find God all must see the world and themselves in the Holy Spirit as they are in God's sight."

- Hans Urs von Balthasar

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