

**Christian Meditation in Cumbria**

# **Hidden Gospel: Meditations with the Aramaic Words of Jesus**

**Neil Douglas-Klotz**

**Saturday March 7th 2020  
10:00 for 10:30 to 3:30**

Main Hall, Ambleside Parish Centre, Vicarage Rd, Ambleside LA22 9DH

Since the publication of Neil Douglas-Klotz's *Prayers of the Cosmos* in 1990, which Dr. Matthew Fox called the "seeds of a revolution," chanting and meditating with the words of Jesus in his native Aramaic language has become one of the most widespread methods of community-based, devotional contemplative prayer and ritual. Using Aramaic (either aloud or silently) offers one a direct connection—through vibration, sound and breath—to the spirituality of person who used the words, as well as to the indigenous Christianity of the Middle East, which predates the Western creeds and original sin-based theology. In the same way that Eastern mantra can, it bypasses the overly-busy, conceptual mind and allows one to enter deeply into one's heart-feeling and body.

This meditative art combines simple chanting with contemplative, body-based awareness, either sitting in silence or with gentle circle dance movement. It can also be used as a retreat process of spiritual renewal, when various sayings are combined in particular ways. This day workshop will offer an experience of it with its originator.

*Neil Douglas-Klotz is an internationally recognized scholar, meditation teacher and author of several books. His books on the Aramaic spirituality of Jesus include Prayers of the Cosmos, The Hidden Gospel, Original Meditation: The Aramaic Jesus and the Spirituality of Creation, and Blessings of the Cosmos.*

**10.00 for 10.30 - 3.30  
Bring own food, drinks provided.  
Requested contribution of £20 (Low wage rate £10)**

**Please contact: Bob Morley 016974 72644**

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Christian Meditation in Cumbria is part of the World Community for Christian Meditation. We seek to renew and strengthen the tradition and discipline of contemplative practice, silent prayer, in the life of Christians and the Church in Cumbria

