

## *Meditation vs. Contemplation*

Meditation thinks  
and considers;  
contemplation tastes  
and enjoys.

Meditation searches  
and explores;  
contemplation sits  
and savors.

Meditation  
moves around;  
contemplation  
centers down.

Meditations looks for  
an opportunity;  
contemplation has found one.

Meditation examines  
a possibility;  
contemplation has chosen it.

Meditation takes  
time;  
contemplation partakes of  
eternity.

Prayer climbs up  
meditation  
to reach  
contemplation.

The spiritual life, therefore,  
needs both meditation  
and contemplation;  
but meditation  
is the path,  
and contemplation  
is the prize.

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