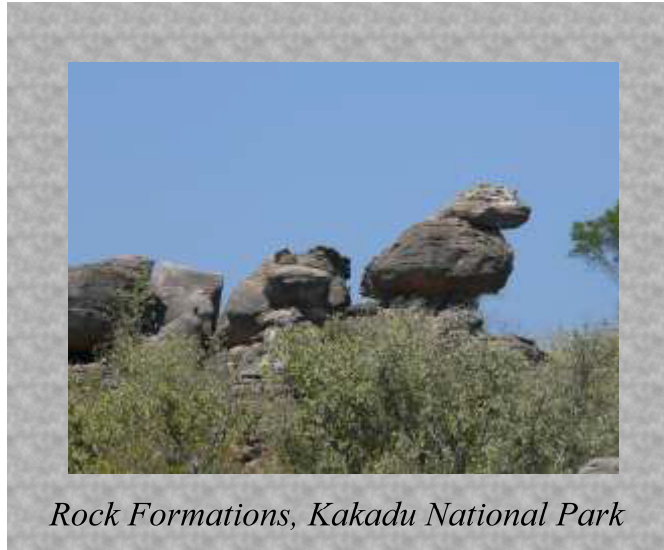


# Meditation



*Photography: Gwenneth Leane*

White settlement had a devastating effect on indigenous people. Pre European settlement Kakadu was home to 2000 people but today only about 500 people call the Park home. Indonesian people first visited Australian shores and made contact with Aboriginal people, trading in pearls, pearl shell, turtle shell, and trepang. Glass and metal fragments of that era found at archaeological digs have been found.

These rock monoliths that remind one of stone hippopotami in Kakadu National Park appear to be meditating. Pondering the ways of God? The ways of people who tramp along paths winding through the scrub beneath them?

‘Constantly remind the people about these laws, and you yourself must think about them every day and every night so that you will be sure to obey all of them.’ Joshua 1:8 ‘But they delight in doing everything God wants them to, and day and night are always meditating on his laws...’ Ps 1: 2

Definition of meditation:

- meditate - chew over: reflect deeply on a subject; "I mulled over the events of the afternoon"; "philosophers have speculated on the question of God...."
- meditate - study: think intently and at length, as for spiritual purposes; "He is meditating in his study".

Obviously we can't stay awake all night, every night to meditate on God's Word.

But what we can do is make his word our last word for the day by a perusal of a passage of scripture and with the help of the subconscious mind we'll be able to meditate day and night.



A flock of sparrows meditating on breakfast? Or on what the day might hold for them, or just enjoying each other's company?

Meditation is undertaken for a number of reasons, health, spirituality, physical wellbeing. Meditation has resulted in world changing inventions and creativity.

Meditation in prayer results in a great relationship with God.

