|  **Name**  | **Key Terminology** | **Description & History Objectives** |
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| **1** | Lectio Divina | Meditate: a reflective dwelling on the text.Pray: talking to GodContemplate: letting God speak into your heart | * Contemplative way of reading the Bible
* Established as a monastic practice by Benedict in the 6th Century
* Formalised as a four-step process by the Carthusian Monk Guigo II during the 20th century.
* The four-step process identified by Guigo II is read, meditate, pray and contemplate.
 | Focused or concentrative meditation. Ppl are seeking to fill their mind with God and his truth |
| **2** | Dhyana |  |  |  |
| 3 | Sufism |  |  |  |
| **4** | Kabbalan |  |  |  |
| **5** | Mantra |  |  |  |
| **6** | Visulalisation |  |  |  |
| **7** | Mindfulness |  |  |  |
| **8** | Zen meditation |  |  |  |
| **9** | Sound bath meditation |  |  |  |