

Contemplation vs Meditation

Meditation

- Meditation is about **letting go of thoughts**
- Mindfulness meditation is a **secular practice**, although some forms of meditation are religious
- The goal of meditation is to cultivate a **nonjudgmental awareness** of the present moment
- Common meditation methods are **awareness** and **concentration** meditation



Contemplation

- Contemplation is about **lingering on thoughts to understand them more deeply**
- Contemplation sometimes involves **reflection on a religious text**
- The goal of contemplation is to **explore a topic or feeling in more depth**
- Common contemplation methods include **journaling, reflecting, praying, and sitting in silence**

