**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