

古希腊罗马哲学中的灵修和 基督教哲学特质

Characteristics of Meditation in Ancient Greco-Roman
and Christian Traditions

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[英文提要]

Meditation brings the individual into direct encounter with being itself. As a spiritual discipline, it has been used by ancient Greek and Roman sages in search of deeper knowledge of man and of the eternal God. In the Middle Ages, theology injected new energy into the practice of meditation within the Christian Church, so that it soon became a profound component of medieval spirituality. This medieval spiritual tradition of meditation with its roots in antiquity also impacted thinkers who championed human Reason in Europe's Age of Enlightenment. The author asserts that it is to the credit of the practice of a meditative spirituality that Europeans continued to mature and be enlightened in matters of human nature and the human spirit.