

# How Biblical Meditation Differs From Eastern Meditation

Longtime pastor, author and speaker Timothy Keller says we shouldn't just be studying the Bible, but meditating on it. This is to be distinguished from Eastern meditation, which is dangerous, and the opposite of biblical meditation, Keller says.

"It's somewhat dangerous to say, 'You must empty your mind of all thought,'" Keller says. "Because actually, I don't believe that's possible. I believe our hearts are not neutral, and they're not good. There's a lot of evil in them. Therefore, unless you're always directing your heart toward God, your heart's going to go where it wants to go, and I wouldn't trust it."

To listen to the entire discussion titled "How to Become Evergreen," [click here](#).