

Praying Beyond Words

Praying beyond words with your..



Presence - pause..look...then look again. Notice 'what is' then begin to rest in the stillness and silence of God's presence within you as you are present to this moment.

Body - an inner stillness can often be found in gentle movement and action.

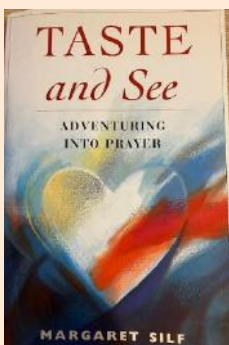
- Really use your senses. Give all of your attention to one sense for 5 minutes each day. Be rooted in your own body as you do this.

Breath - connect to your breath. Become aware of your rhythmic breathing...breathe in God's Spirit for a few minutes.

The invitation is to leave your mind free, so as to be present and open to God.

Some suggested reading on ways of praying:

Taste and See by Margaret Silf



'It is easy to forget we are all embodied creatures, and that our physical being is as much a part of our prayer as our thoughts, feelings and memories. An inner stillness can, paradoxically, be found in action. Movement encourages that deep inner relaxation which is the sign of surrender and openness to whatever God may wish to show us.'

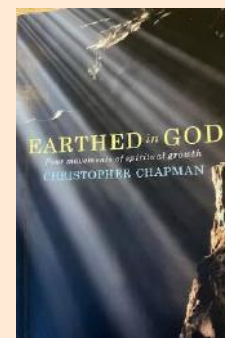
Margaret Silf

ISBN 0-232-52318-5

Earthed in God by Christopher Chapman

'The relationship from God's side is always given. There is nothing to win, for it is already ours. Desire for God – expressed in whatever way we choose – is the opening of our door to relationship; for God's part, the door is always open.'

Christopher Chapman



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'Awaken to the mystery of being here and enter the quiet immensity of your own presence.' John O'Donohue