

Entering the Silence¹

We will begin our experience with a breathing prayer.
Our breath will connect us bodily with the divine nature of the Sacred One Being that is the source of all breath.
God is breath. All that breathes resides in the Sacred One Being.
From my breath to the air we share, to the wind that blows around the planet, Sacred Unity inspires us all.

God is Spirit and His worshipers must worship in the spirit and in truth."

~ Jn 4:24

Rest

Lie or sit comfortably for a few minutes, feet shoulder width apart, placing one hand lightly over the heart. Without trying to change anything, simply notice your breath. There are many different moments in the breath's journey; the feeling of it as it begins to come in, when it approaches fullness, as it briefly turns over, and then, when it begins to go out, when it approaches emptiness, and when it turns over again.

Breathe

Take a few deep, slow breaths, and let all the ideas, thoughts, and conversations swirling around in your head flow out of you as you exhale. Breathe slowly and deeply and you will relax ...slowly and deeply. At each twist and turn of the breath's journey, our bodies respond in a particular way. We may also notice a presence or absence of sensation, thought, or emotion at a particular stage. We may feel that we want to stay longer in one part of the journey than another – the beginning, the middle, or the end. Simply notice all of these sensations without judgement for a few minutes. Now without particular awareness, take 5 deep and slow breaths. This awareness is not in the mind, it is in the heart

Center

Allow your attention to be in the core of your physical body, in your heart space. There is spaciousness here to hold all your thoughts in loving awareness and without the need for the mind to cling to them. This space is receptive of a wide spectrum of energy that is not available to what your mind alone can sense. This space has its own subtle, loving energy, where your Being is whole and you are free to be your True Self. It is from this place that we begin our Silence. This silence can be an awareness of being suspended, held, and nurtured in a field of love. It is not in the mind. It is in the heart

Thoughts may come.

If you find yourself engaged with thoughts, simply release them as soon as you notice, breathe, and return to the heart space, to the awareness of the space of love, to the space of love. In some practices, you may have many thoughts arrive, Our intellect is a gift – and this is a practice. Simply bless and release them as soon as you notice them. The same with emotions or feelings that arise.

Sit

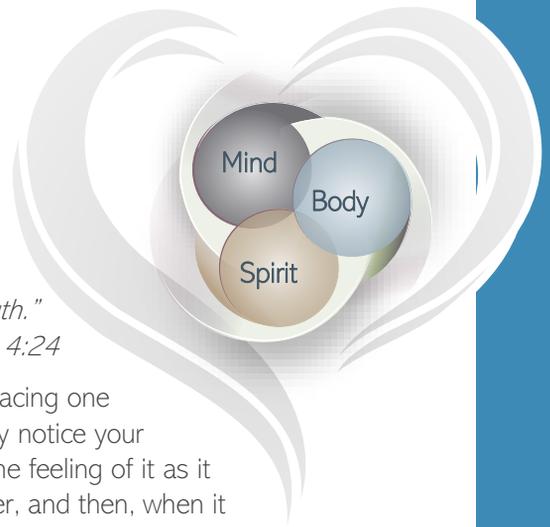
Sit quietly for the amount of time that is good for your practice. If you are just beginning this practice and find it difficult to sit quietly, invite in the Holy Spirit and your guardian angel to help. Start with 5 minutes. If you have been doing this for awhile, and treasure this time, sit for as long as is comfortable. Many practitioners share that 20 - 30 minutes is very beneficial for them.

Chime

Set a soft chime or other gentle reminder for the end of the time allotted. It is recommended that you choose a place where you will not be disturbed for the entire session

Journal

Consider having a journal handy to capture any learning that may have come to you at the end of the session. It is not recommended that you stop to write during the time allotted for silence. If an idea comes, trust that you will still have it when you're done if it's important enough



1. Based on the Wisdom School, Center for Action & Contemplation