

Learning to be Still



Being still and waiting patiently

When we stop being active we often experience restlessness. Being still, physically and mentally is not easy. But we need still bodies in order to still the mind. To pray we need to be still so we can still the mind in God's presence and be open to God.

A basic exercise

Sit comfortably with your feet on the floor and your back supported by the chair. Close your eyes. Become aware of the sensations in your body at this moment ... Be aware of the touch of your clothes on your shoulders ... on your back... your back touching the chair... your hands on your lap... become aware of your thighs touching the chair... become conscious of your feet touching your shoes... now become aware of your posture ... Continue to move around your body, stay a few moments with each part, get the feel, the sensation of each part of your body.

It is important not to move any part of your body during this exercise. Be aware of any itches or tension and stay with them. The pain will go away. Become aware of each part of the body, then rest in the awareness of the body as a whole and notice the complete stillness of your body. And be aware of the stillness around you. Keep moving around the body and resting in the stillness of the whole body for about 15 minutes.

An exercise using the body to express prayer

This is probably best done in the privacy of the home without the embarrassment of being seen by others!

Stand with your hands loosely at your sides and become aware that you are in God's presence. Find a way of expressing self-offering

through the movement of your body. This might be one way: raise your hands slowly until they are stretched out in front of you and parallel to the ground. Now turn your hands so that the palms face upward.. raise your head so that you are looking up to heaven. Open your eyes if they are closed and gaze on God. Hold this gesture for a short while. Now return to your original position and rest in the awareness of the prayer you have just made. Perform each movement very slowly. Repeat the cycle several times, as often as it feels right.

This is just one suggestion; allow yourself to be creative and express your praise, adoration, love to God non-verbally through your body .

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Prayers

Be still before the Lord, and wait patiently for him....
Be still before the Lord, and wait ...
Be still before the Lord....
Be still...
Be ...

Psalm 37:7

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I desire to be all silence,
all adoration,
to penetrate ever deeper and deeper into God,
and to be so filled with God
that I may by my prayer
give him to those who do not know him.

Elizabeth of the Trinity

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