

Rest: Centering Silence

1. Sit comfortably with your eyes closed, breathing naturally, relaxing deeply. Become aware of your love and desire for God in this moment.

2. Choose a word or phrase that expresses your intention to be open to God's presence (such as this week's Gateway to Silence—"Just be."—or Grace, Rest, etc.).

3. Hold the word gently, without speaking, repeating it in your mind slowly.

4. Whenever you become aware of anything (thoughts, feelings, sensations), simply return to the word, which symbolizes your intention.

5. Gradually let the word fall away as you slip into silence. Rest in silence.

6. Continue in silence as long as you wish (20 minutes twice daily is suggested by many teachers).

"Silence is the ability to trust that God is acting, teaching, and using me—even before I perform or after my seeming failures. Silence is the necessary space around things that allows them to develop and flourish without my pushing." Richard Rohr