

Spiritual Practice:: Meditation (Contemplation)

Meditation asks us to pause in our drivenness - when we feel we have to do something -- and not substitute something else. Nothing substitutes for simple God-centered awareness - for openness to God's complete, pure presence. Meditation helps us cut through our daily compulsive nature and move to the all-inclusive lovingness of God. We become more open to what already is - worthwhile meditation is being awake to what is around us so God can speak and/or touch our immediate life experience. Times of meditation can be quite short interludes in our day - and extended times during Sabbath days or retreat experiences.

Find what is most natural, effortless and pure for your one or more times a day so you can be present to the Spirit. Some prompts for meditating can be:

- Enter a literal or virtual sanctuary of silence - a rendezvous of the soul with God - turn from words to seek a place where God shall speak, wrapping you with God's presence.
- Think of (image) a place that has been sacred to you.
- Think of (image) a person who have been a gift of God's presence in your life.
- Focus (center) on a word that relates to the immediate moment (forgiveness, mourning, imagine, praise, gratitude, transform, etc.)
- Walk where your feet touch/absorb the earth and/or your senses can absorb natural surroundings.
- Sit on or touch the earth, as in gardening or overlooking natural space.
- Add other meditation prompts that are already your own...