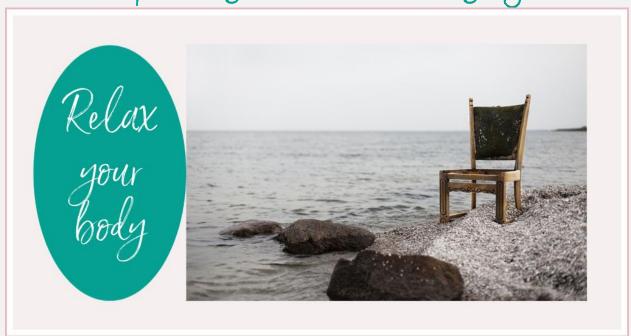
A CLEAR Path to God

Havealook...

Havealook...

Relax Your Body ...

A special guide to encourage you



Relax your body.

Select a space, your space, where you can be undisturbed, a comfortable chair, or lie prone on the floor.

Relax your mind.

Put aside the cares of your work

your interests

your plans for the future

your worries of yesterday.

Select SILENCE, QUIET, SOLITUDE God speaks to us in silence and quiet.

Recall that God is present HERE, NOW,
in the deepest recesses of my heart
dwelling down deep in this chamber of self
sustaining me in existence
aware of me
knowing all things.

God is present in this quiet

this peace
graciously present
present in the Holy Spirit.

There is no turbulence in God. nothing threatening nothing frantic or hectic nothing judgmental no condemnation only calm only peace only quiet only gentleness only harmony only concern only compassion only encouragement only invitation only courtesy

Ask for a GRACE to be open

to be more deeply aware

of God's great love for me

..... to listen!