

A CLEAR Path to God

Have a look..

Have a look..

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!***