**Meditation or Centering Prayer**

*“Silence is God’s first language.” 16th century mystic John of the Cross.*

‘There is an outer silence, an outer stopping of the words and busyness, but there is also a much more challenging interior silence, where the inner talking stops as well.’ *Cynthia Bourgeault*

Christian Meditation is a way of entering into a spiritual journey, leading to a deeper and more prayerful connection with God, as it gives time and space for the mind to rest fully in God. It is a spiritual exercise for your spiritual well-being.

There are different steps to meditation but the important one is that of intention, an intentional silence. An intention to be still and fully in God’s presence. There is a difference between mindfulness and mediation. Mindfulness is more about being in the moment and sensing what is around you and what you are doing.

Meditation or Centering Prayer is about releasing your outside thoughts and turning inward to God. Intentionally and fully. This takes time – lots of it – and patience. It will not happen overnight!

The most important thing is the intent and the willingness, and necessity to practice it daily. Ideally twice but it is better to start slowly and build it up. Otherwise we can feel it is not working and we give up. Persevere.

**Steps to Meditation / Contemplative Prayer**

1. Choose a sacred word as the symbol of your intent and willingness to God’s presence and action within.
2. Sitting comfortably and with eyes closed, settle briefly and silently introduce the sacred word as the symbol of your consent to God’s presence and action within.
3. When engaged with your thought, return ever so gently to the sacred word.
4. At the end of the prayer period, remain in silence with eyes closed for a couple of minutes.

**Eat. Love. Pray**

“So love him.” “But I miss him.” “So miss him. Send him some love and light every time you think about him, then drop it. You’re just afraid to let go of the last bits of David because then you’ll be really alone, and Liz Gilbert is scared to death of what will happen if she’s really alone. But here’s what you gotta understand, Groceries. ***If you clear out all that space in your mind that you’re using right now to obsess about this guy, you’ll have a vacuum there, an open spot – a doorway. And guess what the universe will do with the doorway? It will rush in – God will rush in – and fill you with more love than you ever dreamed.*** So stop using David to block that door. Let it go.”

<https://www.youtube.com/watch?v=Nx3zU6CVpz4>