

## Some meditative thoughts

The beating of my heart, the ebb and flow of my breathing, and the movements of my mind are signs of God's ongoing creation of me.

God's presence is all around me, in every part of my body, and deep within my being.

I will remain quiet, composed, helpful and content.

When I settle into prayer I will slow down and fill myself with deep breaths.

I visualize my mind as the surface of a pool of water, which when disturbed by the winds of anger or desire, is unable to reflect the light of the sun. I seek an interior reflection of God's goodness in my life.

Lord, instruct me and teach me by your Way and I will surely be blessed!

Lord, free me from my own preoccupations and distractions so that I may be open to your whispers and promptings.

Lord, grant me discernment that I may see as you see, not as the world sees;  
Grant a gentle spirit and constancy to seek peaceful thoughts and actions;  
Grant me a spirit of honesty in dealing with others;  
Grant me patience in time of suffering and strength of purpose that I may carry my cross faithfully each day;  
Grant me perseverance in faith that I may never stop seeking You.

God is gazing on me with love and holding me in his very being. I need to place complete trust in God, let go and let myself be re-formed, a new creation.

I will let go of all links of regret, anger, disappointment, and follow the path of life through nature, people, and God.