

May 7, 2024

Hello Beloved,

This meditation comes from a book I have shared with you before and one that I go back to often. It is called *Prayer Seeds* written by Joyce Rupp. This is called *Quieting Body and Spirit*. I hope it is as helpful to you as it is to me.

*Let your body become still.*

Picture yourself in a warm, soothing bubble bath or a refreshing shower.

It is warm, comforting, relaxing.

Feel the calming, restful bliss of the water against your skin.

Let it wash over you and raise away any pain or stress.

Notice a sense of well-being moving from your head to your toes.

Let out a deep sigh. Release anything that keeps your body tense.

Rest in the quieting waters.

*Let your mind become still.*

Picture a smooth, tranquil lake without a ripple on the clear water.

The quiet lake contains a perfect reflection of trees and blue sky.

Let go of all troublesome thoughts and worrisome concerns.

Allow only this scene of serenity to suffuse your mental image.

Look again at the lake's stillness.

Allow its calmness and clearness to hush your thoughts.

Your mind is peaceful, relaxed, at ease.

*Let your emotions become still.*

Imagine you hear a silver bell ring with one clear gong.

The sound has a soft, resonant tone.

Hear the silver bell ring again.

The vibration feels delicate, yet strong, as it moves through you.

Let the sound of the bell smoothe anything that holds discord.

You begin to relax. Your feelings grow calm, harmonious.

Hear the silver bell ring one more time.

All within you becomes quiet and at peace.

*Let your spirit become still.*

Imagine that you are in a flourishing garden.

The sunshine, butterflies, and birds welcome you.

As you walk along, you sense that you are not alone.

No one can be seen. Not a word is spoken.

Yet you

know a gracious Presence is with you.

You have a profound sense of being loved.

Breathe in this love, Savor your happiness.

Dwell freely and fully in this exquisite kindness.

Be at peace.

Many blessings,

Pastor Cindy