



A Simple Stillness Exercise

(as displayed and used in the prayer room at
The Community of St Mary the Virgin Wantage
Epiphany 6th January 2007)

<https://csmv.co.uk/>

This exercise may help you as a lead in to prayer.

Listen to all the sounds you can hear outside the room or place where you are.

Don't push those sounds further away; but do not draw them any closer either.

Just let them be – and in this way they need not be a distraction but in fact they will be absorbed into the whole.

Then listen, or be aware of the sounds, or, in particular the people who are there too. Once again, don't push them away, mentally, but don't draw them any closer. Just leave each person to be themselves.

Now be aware of yourself: your feet firmly on the ground; your legs; be aware that you are sitting, standing or lying down. Try to relax your back and shoulders. Let the muscles in your neck relax as a way of letting tensions fall away. Be conscious of your arms and hands right to the ends of your fingerprints. Try to consciously relax the muscles in your face. Then bring your concentration to rest at whatever you feel is the centre of yourself.

Take one or two good breaths; then let your breathing find its own level; don't force it just breathe naturally.

When you have consciously quietened down, then listen to the atmosphere deep within yourself and try to notice what is your prevailing feeling?

It is this atmosphere which will bring you to prayer.