

REMEMBER THE WORDS: TO CONTEMPLATE CREATION IS TO HEAR GOD'S VOICE



Find a place to sit comfortably.

Close your eyes for a moment just to center yourself. Think about your breathing.

Become aware of God's presence in this very moment. Trust yourself to feel God's gentle embrace.

Now, focus on your senses, one at a time.

Firstly, with your eyes closed, listen closely to the sounds around you. Acknowledge isolated sounds. Be attentive to each sound. Choose one sound and try to listen carefully to just that sound and no other. In this moment appreciate each sound for what it is.

To contemplate creation is to hear God's voice.

Now, identify a scent that you can smell. Flowers, grass, soil, mulch. Concentrate on this smell for a couple of minutes.

As you become more and more aware of your surroundings, keep coming back to the phrase:

To contemplate creation is to hear God's voice.

Now, become aware of your body in the space. What is under you? How is your body weight distributed? What can you feel with your hands? Think about the textures you can feel around you.

What other sensations can you feel? Is there a breeze against your skin? Is the earth warm or cool underneath you? Can you feel the warmth of the sun on your body?

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Now, focus on your sight. What do you see? Move your gaze upwards, to the right...to your left...down. Concentrate on colours...movement...dimensions...shadows...detail.

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As you experience each of your senses, be grateful to God for this moment of stillness in nature. Think about the wonder of God's creation around you. You are a part of it all. You have a role to play. You are a part of the sacredness of God's creation.

Finally, in an attitude of gratitude for all that surrounds you, what is your prayer for our fragile world that has been entrusted to us by God?

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