MINDFULNESS
The process of purposely bringing your attention to experiences occurring in the present moment without judgment.

Many of us live in such a busy, fast-paced world, that when we want to stop and slow down to pray it is often very difficult to focus our minds on God.

When you sit down to pray, bring yourself as you are to God and just be aware of sitting with Him “now”.

ST HILDEGARD
OF BINGEN

“I am a feather on the breath of God”

THE FEATHER PRAYER

EXERCISE IN SLOWING DOWN

THE FEATHER PRAYER

THOSE WHO HOPE IN THE LORD WILL RENEW THEIR STRENGTH.

ISAIAH 40:31

THEY WILL SOAR ON WINGS LIKE EAGLES;

THEY WILL RUN & NOT GROW WEARY;

THEY WILL WALK & NOT BE FAINT.

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1. QUIET – Try to ensure the physical space that you’re in is as quiet as possible (turn off your phone and other devices, close the door of your room, choose a quiet time of the day etc).

2. CLOSE YOUR EYES – In your mind’s eye, picture a dark room with one ray of light piercing through the centre from the roof. Now imagine a feather softly and slowly drifting down through that space, wafting in and out of the light. Focus on its movement, its shape and colour and its weightlessness.

3. FOCUS – As you watch it, allow any thoughts that come into your mind to just come and go. Don’t engage with them, but just keep your attention on the drifting feather.

4. STILLNESS – When you begin to feel still and at peace, this is a good time to pick up some Scripture and listen to what God might want to say.