

## **Meditation Method SENIOR**

- Sit upright and comfortably, close your eyes lightly.
- Follow your *breath* as it flows in and out.
- Recite a *word or phrase* (or follow the breath) silently and with *no rush or force*.
- It can be helpful to combine the word or phrase with your breath.
- Be alert and relaxed.
- Whenever you notice your *thoughts*, return to the word or breath again.
- Accept your thoughts as they are. Let them go like clouds in the sky drifting past.
- Stay with the same word.
- At the end of the meditation, remain in silence for a few moments.

### **Purpose:**

- The word and breath helps to centre us.
- It reminds us of God's presence with us.

### **Meditation helps us:**

- To be attentive to the present moment.
- To be sensitive to the needs of others.
- To deal with difficulties in a new way.

### **Word:**

- Choose a Word: *Faith; Peace; Calm; Centre; Silence; Stillness; Jesus; Mercy; Trust; Love; Yes; Maranatha; Abba; Shalom.*
- Or a phrase: *Be still; Peace be with you; Help me; Let it be; I trust in You; God is Love; Be Still and Know that I am God.*

### **Thoughts:**

- Thoughts may include feelings, thinking images, memories.