

## 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 breathe 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.
- To focus our attention to allow stillness.

### Meditation helps us:

- to be attentive to the present moment
- to be open to the presence of God within us
- to move through with difficulties in a new way.

### Words and phrases

- 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 and memories.