

**First Reading:** I invite you now to be still, relax, and allow these words to wash over you.

**Second Reading:** Listen now for a word or phrase that is holding your attention.

**After 2nd Reading:** Be still, and relax. Allow that word or phrase to rest below the surface.

**Third Reading:** Be still and know. What is your heart needing today? Are you able to let go and trust rather than thrust. When we choose the Deep we begin to live fully into this one life we've been given. Be still and know.

## **Learning How to Float by Mark Nepo**

When we stop struggling, we float. Do you remember when you first were learning how to swim? Most of us didn't trust the deep. No matter how many assuring voices we heard from shore or from the side of a pool, we strained and flapped to keep our chin above the surface. It was exhausting and only when exhausted did we relax enough to immerse ourselves to the point where we could feel the cradle of the deep keep us afloat. Isn't this the struggle we all replay between doubt and faith? When thrust into any situation over our head, our reflex is to fight with all our might the terrible feeling that we are sinking. Yet the more we resist, the more we feel our own weight and wear ourselves out. At times like this, we can remember learning to float. Mysteriously, it required resting nearly our entire self below the surface before the deep would hold us up. Isn't the practice of finding our faith very much like that?—we need to rest enough of ourselves below the surface of things until we find ourselves upheld. This is very hard to do. But the essence of trust is believing you will be held up if you let go. And though we can practice relaxing our fear and meeting the deep, there is no real way to prepare for letting go other than to just let go. Once immersed, once below the surface, it is not by chance that things slow down, go clear, feel weightless. Perhaps faith is nothing more than taking the risk to rest below the surface. That we can't stay there only affirms that we must choose the Deep again and again in order to live fully. That we must move through the sense of sinking before being upheld is what trusting the Divine Intelligence is all about.