

First Reading: Listen now with the ears of your heart and allow these words to wash over you:

Listen to these words by Thomas Merton: Let me seek, then, the gift of silence, and poverty, and solitude, where everything I touch is turned into prayer: where the sky is my prayer, the birds are my prayer, the wind in the trees is my prayer, for God is all in all. (End of quote)

Maybe this is what is meant by scripture that says, “pray without ceasing”. (1 Thessalonians 5:17)

Everything....absolutely everything God created is an extension of the God-self. God IS all in all. When we gaze upon the magnificence of the sky, the birds, the wind and the trees...how could we get any closer to the Divine Source of all life?

Do you struggle in prayer trying to find the right words? Do you compare yourself to others who seem to pray eloquently and without effort? Or perhaps when you're most upset you cry out in desperation and then wonder if God is even listening. But what if we knew God was always, always present in our grief and in our joy?

Prayer is more than the effort we put forth in words with our Beloved. What if we really knew that it was **im**possible to be separated from the Divine Source of Life? Would it be easier to understand that our very life is a prayer? The Oneness we so desperately want to feel... already is!

Perhaps the real answer to feeling what we are longing for is in the gift of silence and solitude that Merton refers to. Perhaps with practice when we quiet our minds and let the thoughts come and let them go we will find a deeper understanding of who we are and who God is. There is no separation. The very air we breathe is God's Holy presence.

Second Reading: (Before) Watch for a word or a phrase that is holding your attention. (After) Now let the word or phrase go...and trust that it will show up again if there is a message for you. Just enjoy the silence.

Third Reading: In silence recall a time when you felt God's presence. Perhaps through the eyes of a child or a bird at your window. Just be and know that your very being is a prayer.

Music: This is the air I breathe....