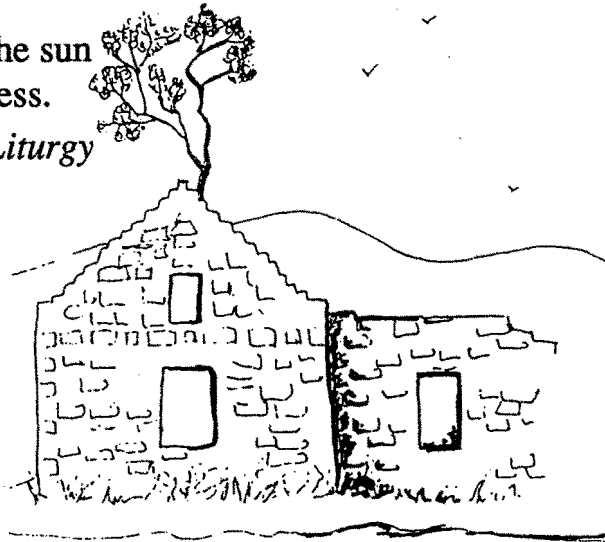


There is no right way to pray - prayer is God's action in us - it is the gift of relationship with the Creator who can only be drawing us to greater life and connectedness with ourselves, others and creation.....

O Christ, there is no plant in the ground,
But it is full of your virtue.
There is no form in the strand
But it is full of your blessing.
There is no life in the sea,
There is no creature in the ocean,
There is nothing in the heavens
But proclaims your goodness.
There is no bird on the wing,
There is no star in the sky,
There is nothing beneath the sun
But proclaims your goodness.

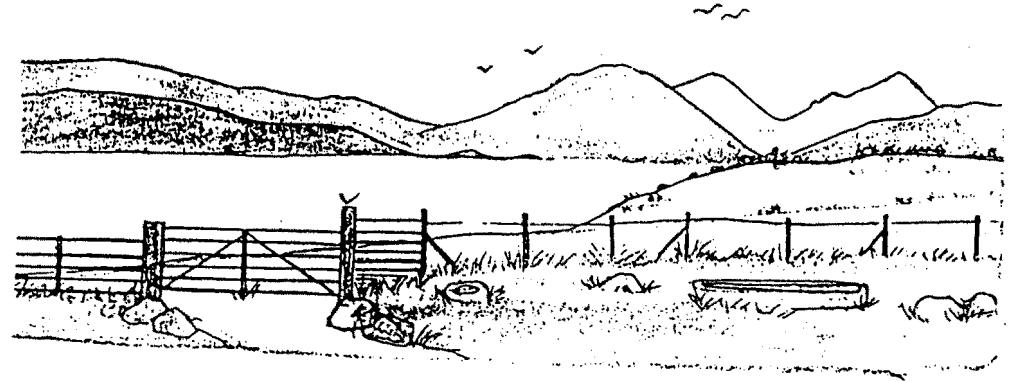
Iona Liturgy



COMING HOME TO YOURSELF

*'Come home to yourself
and then all roads will lead to home'*

George MacLeod



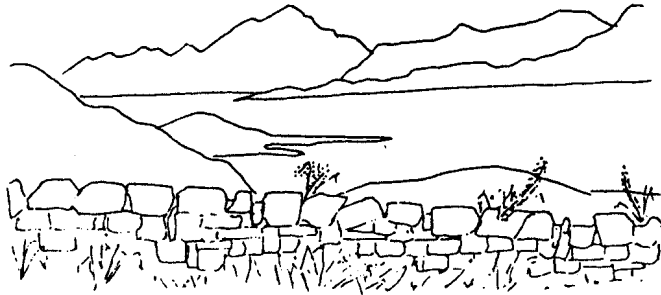
*"It is in our idleness,
in our dreams,
that the submerged
truth sometimes
comes to the top"*

Virginia Woolf

You have time to yourself - trust all those parts of yourself - your body, your senses, your imagination, which if you listen to them will help you come home to yourself.....

Some Suggestions:

- Honour your body's need for rest, for nourishment and care
- Let the child within you lead you to play
- Forget programmes, oughts and shoulds especially about prayer
- Stay with what **helps you** - let go of what doesn't



Strolling -

Wandering without a purpose often enables our senses to come alive -

- looking, gazing,
- hearing
- touching
- smelling
- tasting

Let creation open up its healing, life giving dialogue with you - it knows the language of your soul- let it be with you and for you.

Times of quiet and still reflection

**Find your own place - your 'secret room'
your dreaming place.....**

**If you need help with relaxing and attentiveness
you might try....**

Bodily relaxation

Sit or lie comfortably - Close your eyes or gaze at nature, or a candle - or whatever helps - Allow a feeling of relaxation to flow from the top of your head into your forehead - as you breathe out breathe away tension in your forehead - let the feeling of relaxation flow into your face - into the small muscles around you eyes, nose, mouth - let your jaws relax - breathing out tension - breathing in life - let that feeling of relaxation flow into your neck, your shoulders and so on gently and slowly through your whole body - becoming as relaxed as you want to be at this moment.....

Listening to sounds

Sit or lie in a comfortable position - let yourself gently become aware of sounds which are furthest away - just listen to them - let them be - let your ears tune in to sounds nearer to you - simply listen to them - slowly and gently bring your attention to the sounds immediately around you - moving to the sounds of your own body, breathing etc., - gently let your listening lead you inside to a place of interior stillness.