

August 29, 2023



Center for Spiritual Development

Daily Reflections

Image by Christine Sponchia

AWARENESS

By Julie Mussché

“Our body is precious. It is a vehicle for awakening. Treat it with care.”

BUDDHA

Reflection

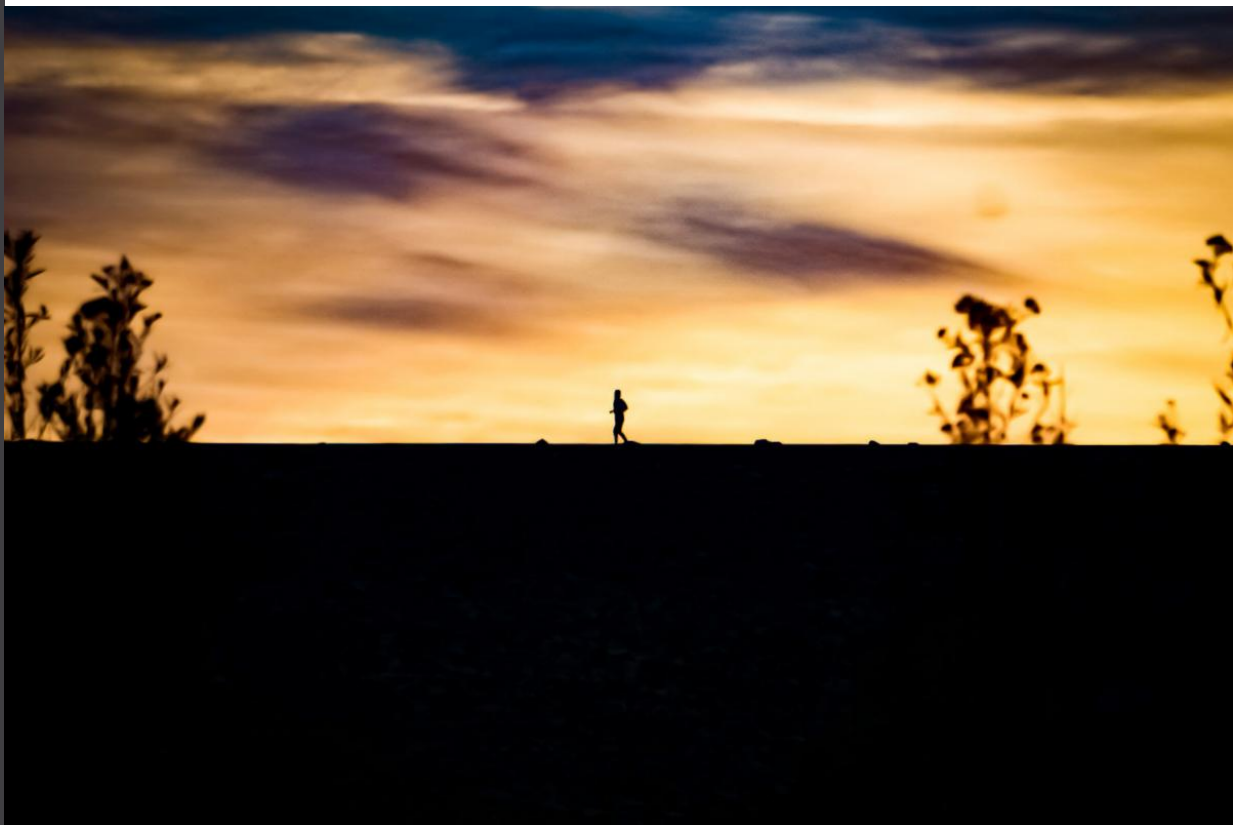
Today the invitation is to pay attention to self in the world. How does my body connect to my surroundings? How does my sense of self in the world relate to God's presence in small things? What is my consciousness of the sacredness of movement or my sense of being in place? Here are two invitations; one involves movement for those who are ambulatory and one involves sitting for those more challenged by walking.

Take a walk and pay attention as your feet hit the ground, heel toe, heel toe. Notice the sensation of movement as you make your way around. Be aware of how your body offers support and how movement is almost instinctual. What is your breathing like as your body moves? Is there a rhythm to your movement? Do you feel the urging to skip or dance? How is God in that movement? What is

your prayer of thanksgiving? Is there a word or phrase to capture your experience? What is your Amen?

Now, the second invitation. Find a quiet place where you are. If you are not seated, find a comfortable place to sit. Feel the weight of your body resting in place. Allow yourself to rest in the cushioning or comfort of sitting. Be present to your body being held and supported. Now, bring your attention to the movement of breath. Tune in to the physical sensation of breathing, in and out, in and out. Be with your breathing and ride the movement of your breath. How does the Spirit ride with you in the gift of breath? What is your thanksgiving? Is there a word or phrase to capture your experience? What is your Amen?

That's it for today. Tomorrow, another adventure with God.



Person running in the distance
Photo by Alicia Rodriguez

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