

Meditation

Take a moment to still yourself, be aware of your breathing. Breathing in and out slowly, emptying your mind of all the days distractions.

You see in front of you a door, walking slowly towards the door you gently push the door open. You go through the door into a room with only a chair by a fireside, the fire is burning gently, you walk slowly over and sit on the chair.

You sit a little while, being warmed by the glow of the flames, time passes as you sit in stillness. Now the flames are slowly going out, only embers are left.

Now the fire has gone out, the room has fallen into darkness and a chill has filled the room. You feel alone, small in the large chair you are sitting. Fear and doubt start to fill your mind. You hear a soft calling of your name, as a father gently to a child.

In the gentleness of the voice calling to you, the fear and doubt starts to leave you. The darkness around you is no more, now there is a radiant light. Peace settles within you, your soul knows the father has called you, his light and his love casts out all darkness and fear.

Take time to be still, to sit with God and know that you are loved.