

Finding a Natural Anchor



“The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name’s sake.”

Psalm 23:1-3

“The fullness of joy is to behold God in everything.” - Julian of Norwich

Find a small object in the gardens that you are drawn to. It could be a stone, leaf or a beech nut.

Find a sit spot. Become aware of your breathing.
Close your eyes and explore the object silently. Think about the colours and textures.
Notice if your sense of touch changes with your eyes closed.
Is there a temperature difference?

Having something in your hand as you practice silent contemplative prayer can provide an ‘anchor’, helping to prevent the mind wandering.

Adapted from the Quiet 25 Course
www.quietgarden.org