

## Week beginning 22nd March 2015

### Be a Living Sacrifice of Praise

From the centre of the earth up through my feet, from the heart of the sky down through my head, from the outside, and from my deepest soul within, I visualise God's energy flowing in and out. Every step I take, every breath I draw is a gesture of gratitude. My whole being becomes a small, living sacrifice of praise and thanksgiving.. I can feel my mind slowing down, my body relaxing, my breath growing even. I list everything around me as reasons for honouring my Lord – everything perceived by my senses, all my body members, the person I am, my family, the unbelievable richness of friendship and of the hearts that love me, the efforts being made to heal the broken minds and starving bodies around the world, the courage of those who have devoted their lives to the cause of peace. . .

There's something about praise that raises the spirits. Especially when it springs from a deep awareness of the love and meaning at the centre of our lives in general, and of each moment in particular. Praise and thanksgiving shift the focus of our attention from a self-indulgence with our own condition to a healthy attention to the Creator of the universes. In one of the weekly Eucharistic Prefaces we find, 'You have no need of our thanksgiving O God. Our prayer of praise adds nothing to your greatness, but it makes us grow . . . ' Praising God honestly and truly from the heart, however, does not always come easily or naturally. I often have to pray my way into it. I include it in these reflections because to praise and glorify God with as much of our attention as we can muster, we must first detach our mind from whatever has trapped it. And in the detachment is the way forward to wholeness.

(Travelling Light pp 69,70)

### Follow-up -If you would like to explore mindful meditation, try this simple daily praxis:

Once again you are gifted with a whole new day, twenty-four hours for you to fill as you will. Free of charge, and offered once only, they can be lived in a cul-de-sac of fear or against an infinite horizon. Let today be a day for reaching out in thanksgiving, a day of expansion for your heart, a day for breathing out of your system yesterday's and yesteryear's suffocating baggage. So reflect for a little while this morning on the power of blessing and praising that we all carry. Just as your heart and breath bless your body with life and energy, so too you can bless the world and its people with your love and compassion. Today, when you meditate, in the still centre of your being encircle in a halo of light, one by one, all those you wish to bless . . . Look at their faces with a heart full of compassion. Let the powerful love of God vibrate outwards from your still self, bringing joy and relief to their lives. . . The more powerful your attention to the meditation in the morning, the more sure will be the peace you spread throughout the day. (Travelling Light p72)