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Passage meditation pdf


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Into always widening In the Exercises, contemplation is a very active way of praying that engages the mind and heart and stirs up thoughts and emotions. Next, prepare your body for Savasana by lying down on your back on a firm, flat surface. Think of who created thought. Move outside the tangle of fear thinking. own way with the persons in the story. Flow down and down. The Gospel passage becomes the backdrop for your own involvement with JesusIf at a certain point you feel drawn to be silent and to simply enjoy the presence of God, stay there. (Note that in other spiritual traditions, contemplation has quite a different meaning: it refers to a way of praying that frees the Physical Preparation. Place a thin cushion under your head and neck to support the natural arch in your neck. Do not feel the need to move onGather together the main strands of your contemplation and spend a few In the Ignatian tradition, praying with the imagination is called contemplation. Bring your legs about inches apart, Therefore the child to be born will be called holy, the Son of God.”) “Behold, Elizabeth, your relative, has also conceived a son in her old age, and this is the sixth month for Be Empty of Worrying by Rumi. When the door is so wide open. Why do you stay in prison. Live in silence. Be empty of worrying.

 Difficulté **Difficile**

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Sommaire

Étape 1 -

Commentaires

Matériaux

Outils

Étape 1 -
