

Soaking Prayer



Trust your feelings and your inner readiness;
never push yourself into any form of prayer that does not seem right for you.

In this prayer, we do not ask for anything.
We just rest, let go, breathe in and soak up the healing light of God which embraces us.
Some people prefer the images of water, wind, color, healing hands, wings and so on.

Put this time of prayer under Christ's spirit.
Rest...let go...breathe in and out...breath gently and slowly.

Picture yourself surrounded by luminous light.
Picture it flowing through the top of your head,
slowly flowing through your tight facial muscles, relaxing them,
especially around your eyes and jaw.

Picture it now as a river of light
quietly flowing through your whole body,
calming, relaxing, releasing every part.

Think of every breath as if you are breathing the breath of life
which God breathes into every being.

Divine love is flowing into every part of your being.
Rest in it, breathe it, and allow it to work its transforming renewal within.
If thoughts wander, don't worry. Let them play like children in the sun.

Flora Slosson Wuellner, *Prayer Stress & Our Inner Wounds*

Modification

Hold another person lovingly before God.
There is no need to diagnose the person's need.
Picture the person soaking in luminous light, love, healing.
Trust God's love which magnifies your own human love.
Rest, breathe, allow. See the person embraced in wholeness.