****“Be Still” - Meditation – Ellie Ragonese/Noel Keating\***

* We are going to have a short relaxation meditation. Meditation is good to reduce stress and calm the mind. It also helps us get closer to the Spirit of God within us. During meditation it’s important to remain quiet and still. You will be closing your eyes but I will keep my eyes open to observe the class.
* Sit up straight with your feet flat on the floor. There should be nothing in your hands or on your lap. Allow yourself this time to relax and be still.
* Place your hands in your lap, left hand over the right, palms up or whatever posture feels most comfortable. Do not clasp your fingers.
* Let us thank God for this time to be with him in silence, stillness and simplicity.
* Close your eyes gently and take in a deep breath through your nose and release it through your nose.
* Again, breathe in and out.

• With each breath we become more receptive to the indwelling presence of God. The God of peace and love.

• Beginning with your face, relax your forehead, eyes, mouth and jaw.  Release any tension and relax the face muscles. Breathe in and out through your nose.

* Relax your neck and shoulders. Release any tightening of the muscles in these areas. Relax the back, your chest, arms, hands and fingers.  Be open to receive the peace of God.

• Breathe in and focus on the air as it enters your nostrils. Breathe out observing the air as it passes out through your nostrils. This helps you to remain focused and to let go of distracting thoughts.

* Now relax your abdomen, your thighs, legs, and feet.
* Feel your feet placed firmly on the ground. This is holy ground, sacred space. Surrender to the God who loves you. Open your heart and still your mind. Be at peace.
* \*Become aware now of any sounds in the room, and let them go. Don’t focus on them but acknowledge them.
* Become aware of the sounds outside, if there are any and let them go.
* Become aware of any thoughts in your mind, then let them go.
* Happy thoughts or sad thoughts, kind thoughts or angry thoughts, calm thoughts or worried thoughts, just for now, let them go.
* Imagine placing them on a leaf in a stream and now allow the leaf to float down the stream, carrying your thoughts with them. Let them drift away. \*
* Remain in silence and be at peace. Remember God loves you.
* With each breath you take you enter more deeply into silence, stillness and peace.
* As you breathe in mentally chant “Be.”
* As you breathe out mentally chant “still.”
* Coordinate the breath with the prayer. Reciting it over and over. “Be”; “Still”
* Be relaxed but alert.
* When thoughts arise, let them float by.
* Continue in this way until I signal the end of the meditation.
* Be Still and Know I Am God. (Psalm 46:10) (\*Noel Keating: Meditation with Children)