

THE PRAYER OF THE SILENT RIVER

A Fantasy Prayer for Inner Peace and Union with God

This exercise is based on The Meditation of the Silent River

By F.C. Happold in "The Journey Inwards"

Note about this exercise:

- *It is a very effective prayer exercise to calm the heart and our feelings.*
- *It has a therapeutic value.*
- *It shares in the nature of the prayer of healing.*

PROCEDURE :

1. Place and ambience.

Keep the place in semi-darkness. The atmosphere should be pleasant and inviting.

2. Setting :

Let the participants sit in a circle and be reasonably comfortable.

3. Relax :

Start by giving some relaxing exercises: Breathing, awareness, listening to sounds of nature...

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4. Starter:

Play very softly the hymn "Peace is flowing like a river". Play it once, twice or even thrice

Tell the participants just to listen to it very attentively ...

Let them immerse in themselves in hymn and be one with the melody and the lyrics...

5. Fantasize :

You are a river... ... a torrent, or a mountain spring... ever flowing ... calmly ever flowing towards the sea...

Identify yourself with the current... placidly flowing... ever flowing....

You are growing calmer and calmer as you come closer to the sea...

There, there is peace, stillness...

6. Silence :

Let the participants rest in absolute wordless silence for a while. Let them stay with their feelings of peace and calmness.

7. Replay the Song :

Peace is flowing like a river...once, twice , thrice....

8. Fantasize again

Now, you are white bird, flowing down along with the river... carried away in the ever flowing current... slowly... peacefully towards the sea... towards God...
The uninterrupted flow of life takes you irresistibly to God... to eternity... to peace...

9. Read the following passage : (*Very slowly, emphatically and with great feeling*).

“Floating, floating, like a white bird on the water, floating unresisting, effortless...
Between the real and the imagined, between what comes to me from outside and what wells up from deep, deep down within me...
Floating, unresisting, without efforts, on the surface of the great flowing river of life...
Smooth, Silent River flowing so still, so silent, that it seems to be asleep, not flowing at all...
Sleeping river, flowing irresistibly...
Flowing inevitably, silently, irrevocably, into an ever fuller life, into a living peace, so profound, so rich, because in it, all my strivings, all my sorrows are taken into its own stillness and peace...
It is into that stillness, into that peace that I am now moving...
Floating...
Just floating...
Not doing anything...
Just letting go...
Just allowing myself to be carried along...
Just letting this irresistible, sleeping river take me where it is going...
And knowing all the time that it is going where I want to go, where I have to go.
Into more life...
Into reconciliation...
Into wholeness...
Into a living peace...”

10. Silence : Leave the participants alone for a while in complete silence...

11. Carry on Reading :

It is very quiet now...
Everything is so fresh, so pure, so charged with life...
With real life.
No longer imagined...
So still, so restful...
Stillness...
Rest...
Into more life...
Into reconciliation...
Into wholeness...
Into the deep, deep peace of God...”

12. Final Prayer

My Lord and my God, give me all that speeds my way to you!
My Lord and my God take this myself from me, and give me Yourself....
That I may be you, not I!
Not mine but Thine
My Lord my all!

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ONE WITH GOD IN LOVE.

*(Francis of Assisi after
receiving the Stigmata)*

Praise to God most high
You are the holy Lord God!
You are the God of gods!
You alone work wonders!
You are strong, you are great!
You are the most high, you are almighty!
You, O Holy Father, king of heaven and earth!
You are three in one!
Lord god of Gods!
You the good!
All the Good, the highest Good!
Lord God, living and true!
You are love, you are charity!
You are wisdom, you are humility!
You are patience!
You are fortitude and prudence!
You are security.
You are who is!
You are joy and gladness
You are justice and temperance!
You are wealth and plenty!
You are beauty, you are gentleness!
You are the protector!
You are the guardian and defender!
You are refuge and our strength!
You are our faith, our hope and our charity!
You are our Great delight!
You are our eternal life!
Goodness infinite!
Great and admirable!
Lord God omnipotent!
Faithful and merciful savior!
My God and my all!!

My God and my All!!
My God and my All!!!