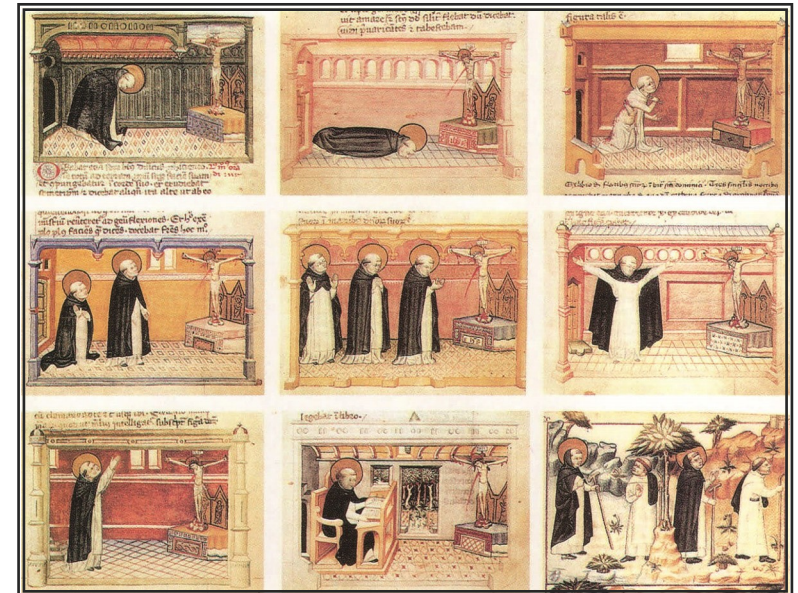




Way of Fire
Praying with the Heart

SESSION 6-b

RELAXING, BREATHING AND THE BODY



What he saw was this: Onias, who had been high priest, a noble and good man, of modest bearing and gentle manner, one who spoke fittingly and had been trained from childhood in all that belongs to excellence, was praying with outstretched hands for the whole body of the Jews.



Way of Fire
Praying with the Heart



2 Maccabees 15:12



Disciples
of the Hearts of
Jesus and Mary

Lesson Highlights

We don't have a body, we are our body. Our body is a language, the language of our person. We pray with the whole body or we don't pray well. Use your body for expressing your attitudes, desires,...

Prayer is praying with the whole body; our language is our body. When we breathe, breathe the Holy Spirit: **when breathe in, receive it; when breathe out, exhale Him.**

To live in the Spirit and to live in the body is the very same thing. To live in the mind and to live in the flesh is the very same thing.

What is our posture in the chapel; how is the recollection of the body? It is the whole person that prays, our body expresses our heart and soul. Be attentive in prayer.

Relax making silence in your mind, heart, hands, ears.... Ask the Holy Spirit for help. The body is for the Lord and the Lord for the body. Glorify God with your body.

Silence - Of the body with the words of Mother Teresa.

TO MAKE POSSIBLE TRUE INTERIOR SILENCE, WE SHALL PRACTICE:

Silence of the eyes, by seeking always the beauty and goodness of God everywhere, closing it to the faults of others and to all that is sinful and disturbing to the soul.

Silence of the ears, by listening always to the voice of God and to the cry of the poor and the needy, closing it to all the other voices that come from the evil one or from fallen human nature (e.g., gossip, tale bearing, and uncharitable words).

Silence of the tongue, by praising God and speaking the life giving Word of God that is the Truth, that enlightens and inspires, brings peace, hope, and joy and by refraining from self-defense and every word that causes darkness, turmoil, pain, and death.

Silence of the mind, by opening it to the truth and knowledge of God in prayer and contemplation, like Mary who pondered the marvels of the Lord in her heart, and by closing it to all untruths, distractions, destructive thoughts, rash judgment, false suspicions of others, revengeful thoughts and desires.

Silence of the heart, by loving God with our whole heart, soul, mind, and strength and one another as God loves, desiring God alone and avoiding all selfishness, hatred, envy, jealousy, and greed.

