



CENTERED Podcast – Week 1, Practice 3

December 4, 2020

Kaley - Hey, everybody. I'm Kaley Rodda and this is Centered - an exploration of spiritual practices for everyday life. We are so glad you are here. No matter your experience with God or faith or prayer or spiritual practice, this is a podcast designed for anyone who would like to live life with just a little more balance and health, a little more centeredness and less distraction, a little more compassion, and less anxiety.

This week we have been exploring breath prayer - how it's significant in our lives, and how we can be making time to purposefully reflect on how God is calling us. As always, if you are enjoying this podcast, we have links in the description for you to follow to our social media pages, and we would love to hear from you.

For our final episode this week, I am so excited to invite you to sit or lie down in a comfortable position - yet alert. And when that your body is ready, close your eyes.

Notice the tensions in your neck, and shoulders, possibly from or in anticipation of the stresses of the day. And slowly, release those tensions.

Move your attention down your arms and legs, reconnecting with your body. And slowly, relax those muscles.

When you feel that your body has relaxed, turn that attention towards your mind. Maybe you feel it's racing, thinking about these stresses of today, or in anticipation for tomorrow. One of the ways that we can calm down our minds is by channeling that attention towards your breath.

Maintain your natural rhythm of breathing, feel the rise and fall of your chest, and place your attention there.

If you notice your mind begin to wander back, gently bring it towards your breath again.

In our lives, we experience so many different forms of conflict. Between political polarization, and the already present conflicts between family members and loved ones, it can be difficult to not contribute to the chaos. And sometimes we feel lost, and struggle to find hope.

How is conflict consuming your attention? Do you feel stuck, helpless, or maybe hurt? How is God calling you to respond?

For our breath prayer today, pray the words as you inhale: "Lord, keep me from desiring to be understood"

And as you exhale, pray: "Before I take time to understand others."

Do this however many times feels comfortable.

How is God calling you to listen before you engage in conflict? Is there a specific situation on your heart? Maybe a reconciliation that needs to happen? How can you be consciously inviting Him into your moments of conflict?

Again, as you inhale, pray: "Lord, keep me from desiring to be understood"

And as you exhale: "Before I take time to understand others."

Take your reflections to heart as you bring your awareness back to the room. Notice the sounds around you, maybe the smells, and slowly begin to move your body. And when you're ready, open your eyes.

Thank you for joining us today, as we reflected on how God is calling us to respond to conflict. As you go throughout your day, be reminded of how God is always present, even in our moments where we're not proud.

Next week we will be exploring a new form of spiritual practice, that will be building on our breath prayer work that we've done this week. And we would like to encourage you to tune in, and maybe expand your horizon on how you are engaging in spiritual practices. Thank you so much for your time this week, and we will see you next week!