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'Looking Inwards' Reflection of Consciousness SCRIPT

"Knowing others is wisdom, knowing yourself is enlightenment." – Lao Tzu

While we find ourselves restricted in movement, hindered to move "outwards", more and more people around the world are becoming aware of the gifts a journey inwards can bring. So many, myself included, were caught in a cycle of stress, constantly on the run, like a hamster in a wheel. Suddenly we were forced to stop, take a breath and examine ourselves and our purpose in this world. And in the process we were able to discover the beauty in and feel gratitude for the things many took for granted: family, health, a good meal, our immediate surroundings, nature and so many more.

The journey of life is filled with beauty, at times so beautiful, it takes our breath away. The journey of life is also filled with suffering. It is our natural instinct to avoid suffering. Hence, we are too afraid to stop, breath and feel. Feeling the pain. Becoming aware. Yet, it is also in those moments of awareness that we recognise true beauty, especially the true beauty that lies within us. These moments of inner discovery allow us to grow and fill us with strength to overcome obstacles. Or to say it in the words of Anna Freud, ***"I was always looking outside myself for strength and confidence, but it comes from within. It is there all the time."***

Allow yourself to become still, in mind and in movement. Turn down the volume on random thoughts and preoccupations. Allow yourself to just BE. Become aware of your breathing. Feel your in-breath. Feel your out-breath. Let your breath flow. Now open your mind and your heart to this Examen asking God to reveal, in any special way, ALL the blessings of your life – the real big ones and the small ones, too. Take a moment to give thanks for all these gifts.

Now ask God to fill you with unconditional love. Allow yourself to be led in this prayerful reflection, rather than brooding or obsessing over yourself or your day or week.

Going day-by-day, review the past week. In your imagination relive each significant moment that occurred this week. Linger in the important moments and pass quickly over the less important ones. Thank God for the gifts and light you find in each day.

Pause in any of the difficult moments. Pay attention to missed opportunities, when you could have acted in a certain way but did not. When you find moments in which you were not the person you were called to be, ask for forgiveness and feel how God's unconditional love washes over you.

Ask God to show you concretely how he (or she) wants you to respond.

Ask, "What do you want me to do tomorrow?"

"What person are you calling me to be?"

Finally, commit to BE that person and ask God for strength and support.

See if there is anything else you want to say to God ...

To close this Examen practice we

- a) Pray the Our Father OR
- b) Place our hands in prayer on our forehead and then our heart. "Amen".