

Building Trust & Strengthening Relationships

The Stillness Prayer

Be still my mind, stop the rushing thoughts
from flooding my consciousness.
In the quite moments, may I hear your still voice,
my Creator, my Higher Self.
Only in darkness can I see the pinpoint
of light that is the possibility.

Be still my mind, that I can quiet my soul
and feel your presence.
Help the fear in my heart to abate
to let in the courage it takes to face my
challenges and move through it.

Be still my mind that I'm open
to what you want me to learn,
Creator and Higher Self.
Wisdom comes with learning and experience.
Rushing is a futile exercise.

Be still my mind as I settle
into this new feeling.
Creativity flows when the madness has ended.
Let that place of peace flow
as my spirit soars.
and let me thank you, Universe
and my God, for the joy in living.