

SILENT PRAYER:

A formators meeting is usually full of ideas, sharing and discussion. Silent prayer allows us to stay in touch with the Spirit without getting lost in words.

Let us use two pedagogical tools from two texts of our Christian tradition: *The Cloud of the Unknowing* (14th century) and *The Way of a Pilgrim* (19th century).



- A “little word” (God, love, peace, etc.) we silently repeat, and on which we concentrate our attention. We do not try to grasp God through the operations of our mind – thinking, feeling and desiring – but simply let these movements flow instead of using them to craft our own image of God. By doing so, we let God be God or, as Meister Eckhart used to say, “we ask God to free us from God”.

The “little word” is not important as a source of meaning, feeling or desire. It is simply a liberating sound, a “shield and a sword” allowing us to transcend the trap of our mind.

- Attentive breathing as we repeat the word, keeping our back straight, and our eyes closed. Praying in silence is like falling asleep: we abandon everything with an attitude of complete trust, without controlling anything, knowing that “all shall be well, all shall be well, and all manner of things shall be well”. Praying in silence is “floating like a feather in the breath of God”.