

Meditation

By Father Keating

The root of prayer is interior silence. We open our awareness to the Ultimate Mystery whom we know by faith is within us, closer than breathing, closer than thinking, closer than choosing -- closer than consciousness itself. The Ultimate Mystery is the ground in which our being is rooted, the Source from whom our life emerges at every moment.

We are totally present now, with the whole of our being, in complete openness, in deep prayer. The past and future -- time itself -- are forgotten. We are here in the presence of the Ultimate Mystery. Like the air we breathe, this Divine Presence is all around us and within us, distinct from us, but never separate from us. We may sense this presence drawing us from within, as if touching our spirit and embracing it, or carrying us beyond ourselves to pure awareness.

We surrender to the attraction of interior silence, tranquility, and peace. We do not try to feel anything, reflect about anything. Without effort, without trying, we sink into this Presence, letting everything else go. No thinking. No reflecting. Let love alone speak: the simple desire to be one with the Presence, to forget oneself, and to rest in the Ultimate Mystery.

We wait patiently; in silence, openness, and quiet expectancy; motionless within and without. We surrender to the attraction to be still, to be loved, just to *be*.



