

A Sensual Prayer of Approach

Listen very carefully.
Listen to God's world.
Listen to your breathing.
Listen to your heartbeat.
Listen to the sounds around.
Listen
to God's world.

Breathe in very deeply.
Breathe and smell the world.
Breathe in the air.
Breathe in the smells.
Breathe in the life.
Breathe
and smell the world.

Feel what is around you.
Feel and touch God's world.
Feel your skin.
Feel your toes.
Feel your tiredness flow away.
Feel
and touch God's world.

Taste the joy and pleasure.
Taste how God is good.
Taste your mouth.
Taste your last meal.
Taste your favourite thing.
Taste
how God is good.

Open your eyes and look around
See the beauty of God
See one another
See yourself
See the familiar in new ways.
See
the beauty of God.

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