Awareness Examen Basics

Be Still: Take a couple of minutes to center into the moment and presence of God.

Meditate on Gratitude: Acknowledge the big and small things of life. Spend time meditating on the blessings in your life.

Rewind: Scan back through your day. If practicing at noon, rewind back through the moments since waking in the morning. If practicing at night, rewind back through the moments to your noon practice.

Find the subtleties of turning toward and turning away:
• What habits and life patterns do I notice?
• When did I feel most alive? Most drained of life?
• When did I have the greatest sense of belonging? When did I feel most alone?
• When did I give love? Where did I receive love?
• When did I feel most fully myself? Least myself?
• When did I feel most whole? Most fragmented?

Reconcile and Resolve
• Seek forgiveness
• Ask for direction
• Share a concern
• Express gratitude
• Resolve to move forward by bringing this wisdom into tomorrow’s experiences.

Psalm 106
from Psalms for Praying by Nan C. Merrill
May we have faith in the unfolding of our lives, and radical trust in the universe! Awaken us to the Oneness of all things, to the beauty and truth of Unity. May we become aware of the interdependence of all living things, and come to know You in everything and all things in You. For as we attune to your Presence within us, we know not separation, and joy becomes our dwelling place.

Quiet us O Silent Speaker, that out of still spaces, we may hear your Voice.