

# MILLION MINUTES

My life as a contemplative Poor Clare Sister tells me that without silence my life is meaningless. Most of my day is spent in silence, so that my primary conversation in life can be with God.

You have accepted the challenge to take part in a sponsored silence and I have been given the opportunity to share with you something in my day, which might help to enrich your time of silence.

Silence can be empty, boring, time can pass slowly, it can feel like the absence of anything useful....if you experience some of this during your time of silence .... then be comforted it is perfectly normal.... I have spent many an hour like this.

The secret of a balanced life, I think, is to remain centred and focused, and for me the purpose of life is to remain centred and focused on God. Whatever I am doing during the day, in silence, be it gardening, washing up or cooking, I am trying to create a space where I am open and available to God. Silence slows me down because it allows me to engage with the reality of who I am and what I am doing, and what at that precise moment I am engaging with.



A simple practical example....THE WASING UP.... imagine it..... that lovely bowl of soapy water.... Place your hands in it... How hot is the water?....How soft does the water feel?....How rough or smooth is the dish you are washing?.....How do your hands feel as they wash the dish?....How aware are you at this moment of being one with what you are doing?....

Does the above sound a bit mad....well just think about the number of times you wash up and your mind is on something completely different, or you are thinking about the next job to be done. How much time do you spend in your day thinking about the next thing and are not present to the reality of NOW... TODAY... The purpose of doing the washing up in a 'mindful' way is not an end in itself, it is so that my day can be a series of events where I am fully present to whatever I am doing..... so that I can be fully present to God. Everything we do can be done in this way, every task, every encounter. This is quite simply how our life can be transformed, how the ordinary and mundane tasks of each day can teach us patience and stillness, presence and transformation.

Enjoy your sponsored silence... I hope it will bring you peace and to a greater awareness of yourself. I hope it will encourage you to look for moments in your day when you can be silent, become more present to yourself and therefore more present to God. It will lead you along a mysterious path.... to a place of greater intimacy with yourself and others..... it will lead you to a place where you know you are loved and where you can love freely.

**Sr Gabriel Davison**