



*Center down  
Clear out  
Listen in  
Rise up*

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## **A Spiritual Practice Inspired by Quaker Tradition:**

**Center down:** Settle down through layers of speed and distraction into stillness and openness. Choose to arrive in this moment-- arrive in your heart and in your body. Remember yourself in the web of life, and connect with the Sacred Presence as you know it.

**Clear out:** Make a space for the Sacred within and around you. As best you can, set aside your worry, fear, or habits of thought. A purposeful place or practice might help-- a patch of ground or sky, favorite chair or cushion, meditative walking, deep breath, a prayer or ritual-- return to whatever brings you into Presence and protects your inner quiet.

**Listen in:** Open your spiritual 'ears' and listen within your heart and soul for impressions, phrases, images, or an inner knowing. Wait patiently for some inward spark or impulse that is loving and empowering, for a bit of wisdom from beyond your usual mind chatter, or for a truth felt in your gut or bones.

**Rise up:** Allow and follow through on right actions that rise naturally from the inspiration or wisdom you receive. Make intentional movements supported by that listening stillness, with love and goodness as your motivation. This kind of doing is fueled by spiritual purpose, and it calls you to become your best self.

*Offered with blessing,*

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