

# HOW TO BE ALIVE

## Being Found

*Reclaim your Sacred Site.  
Clear a little space  
In your crowded everyday  
And every day reclaim the sacred site  
There at the heart of you.  
Give the Sacred the space and time  
To come and sit with you  
To become intimate with your story.*  
Noel Davis

*Contemplation is not, as people often mistakenly believe, chiefly a matter of advanced techniques in prayer, a secret knowledge of mysteries....It is primarily a way of looking and listening, of beholding, marveling, considering.*

Sr. Margaret Magdalen CSMV

**Can you set aside some time each day –**

**to live slowly**

**to move simply**

**to look softly**

**to allow emptiness**

**to let the heart create for you?**

(adapted from Michael Leunig)

Try not to be in a hurry. Take time to notice. Attend to your feelings at this time. Sit quietly. Perhaps go for a slow walk. Give yourself some room to breathe, to be yourself. The Hebrew root for “salvation” is space, spaciousness. Jesus is the space God clears for us so that divinity and humanity can live with each other, without fear, and in freedom.

God wants to communicate with you: in fact, God is always speaking to us in and through our every day. The invitation is to find God in all things.

*We find ourselves addressed, and addressed, we find ourselves*  
Sarah Bachelard

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Be prepared to waste time - to feel useless,...and to wait. "The meaning is in the waiting" (R.S.Thomas). Remember: "You are in the right place when you are poor in spirit", when you acknowledge that you cannot pray, that you are not in control, you cannot fix things up, and you cannot understand. Jesus shows us that this can be the place of grace.

You may like to hang on to a phrase or a word or an image which helps- which allows you to focus on the goodness of God.

*The best prayer is to rest in the goodness of God  
and to let that goodness reach right down to our lowest place of need.*

Julian of Norwich