

## Sister Doreen's Reflections

### How to Pray

I found this article by St. Seraphim of Sarov (born in 1754) to be helpful and an inspiration and would like to share it with you:

When you pray, be like the mountain  
In stillness, in silence,  
Thoughts rooted in eternity.  
Do nothing, just sit, just be,  
And you will harvest the fruit of your prayer.



When you pray, be like the flower  
Reaching up to the sun,  
Straight stemmed like a column.  
Be open, ready to accept all things without fear  
And you will not lack light on your way.

When you pray, be like the ocean,  
With stillness in its depths,  
The waves ebbing and flowing  
Have calm in your heart,  
And evil thoughts will flee of their own accord.





When you pray, remember the breath,  
That made us people, living beings;  
From God it comes, to God it returns.  
Blend the Word and prayer with the flow of  
life and nothing will come between you  
And the Giver of Life.

When you pray, be like the bird,  
Endlessly singing before the Creator,  
Its song rising like incense.  
Pray like the turtle dove  
And you will never lose heart.

