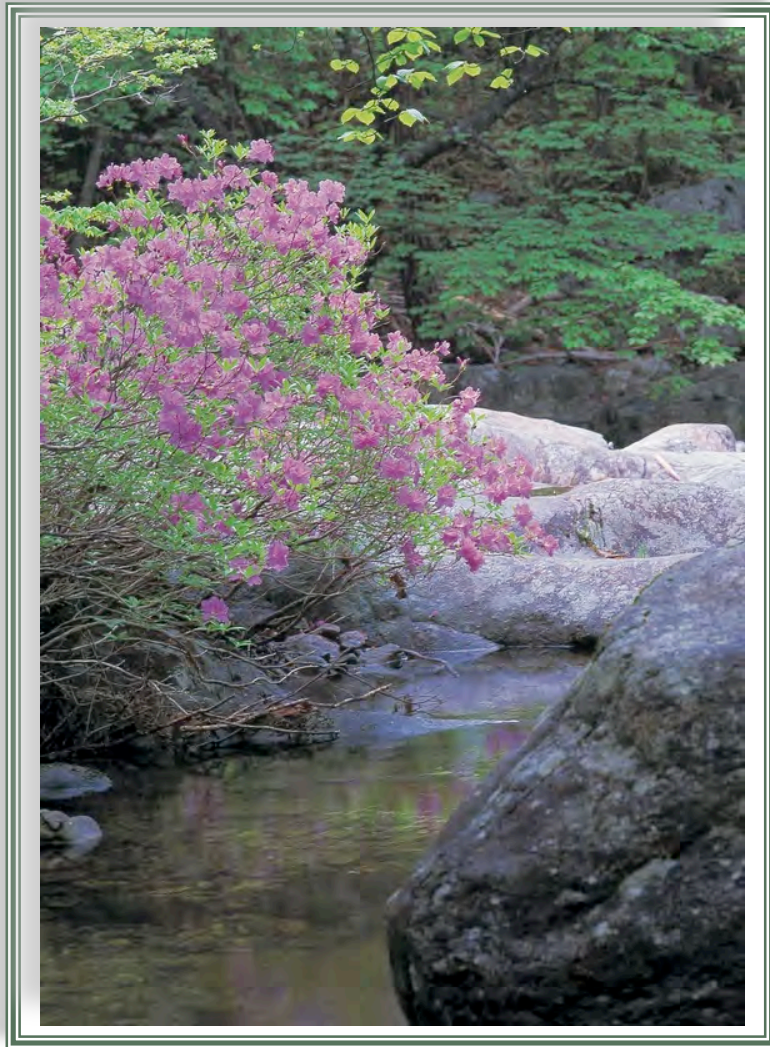


Hit "Spiritual Pause" for a Moment



*Divine Inner Spirit, I ease
the pounding of my heart
by the quieting of my mind.
I steady my hurried pace.
Amidst the day's
confusion, I enjoy the
calmness and the beauty
of everlasting nature.*

*I breathe into this now
moment and release the
tensions of my nerves and
muscles with the soothing
music of singing streams
that live in my memory.*

*I know the magical,
restoring power of rest, and
the art of taking "minute
vacations" ~ slowing down
to look at a flower, to chat
with a friend, to read a few
lines from a good book ... to
Be Still and Know.*

I remember the fable of the hare and the tortoise; that the race is not always to the swift; that there is more to life than measuring its speed.

I make time to look up at the branches of the towering oak and know that it grew slowly and well. I am inspired to send my own roots down deep into the soil of life's endearing values ... that I may grow toward the stars of my greater destiny.

I am God expressing ... and I slow down to become aware of my Oneness ... I make time to Be Still and Know.

(adapted from a plaque, no author listed)