

RESTfull
FORMATION WEEK

Day 4 - Be Still & Feel

An invitation to be still for this moment and feel...



LISTEN TO THIS REFLECTION AT
[HTTPS://WWW.MCCORMICK.EDU/FORMATION-WEEK-2024](https://www.mccormick.edu/formation-week-2024)

it seems I've been here before
moving at the unnatural pace of
expectancy and expedience
not breathing, not tasting,
not knowing, not listening
not feeling.

not feeling other than what
my mind tells me I should
empathy only for others
pay attention only to others
give hope to the masses
hold yourself from taking any for yourself
smile only to cover something up
cry only to show the pain
pray to move mountains that others cannot climb
while you're behind a mountain yourself
do it all that others might feel good

carrying a world that you did not create
carrying people you did not breathe into
begin to loosen your grip
wiggle your fingers
relax your toes
while sitting or standing
be still and feel
yourself releasing the hold

where are you in your body ?
are you in your body?
pay attention to what's yearning right now
for your attention
for your touch
reach out and touch it not quickly
but gently and kindly with Grace and Love
feel yourself gazing at yourself
willing to care for yourself
be still and feel

what kindnesses are bubbling up for you
to speak to yourself
speak them to that place you are touching
right now
feel the words as they rustle their way
with medicinal properties and permissions
to be aware of yourself
be still for just a second and feel
be still for this moment and feel
be still to receive what you need and feel
it filling you
be still, be still, be still



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