

## “Be Still and know that I AM God” Psalm 46:10

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This verse of the Psalm says it all. Read it slowly, think about it, save it, and memorize it. More difficult still, is what this Psalm asks us to do. "Stop now" and "know" who is God. Pausing momentarily means to make a stop during the day to take a moment to breathe and see what is Real. Those who know much about this teach us that it is very important to have an hour of prayer alone with God. However, the reality is that very few have that luxury, because the daily tasks of the family and work seem to occupy every moment of our day. Others like the great mystical master of contemplative prayer father Thomas Keating says: 20 minutes in the morning to sit and be still in silence, and 20 min before going to sleep. What about only 20 minutes at any time of the day? I advise my students and patients: "Start with 5 minutes.

I think the intention of your heart shows the availability and desire for union, more than the amount of time is the quality of sincerity in your intention. God takes care of the rest. The stillness of body, soul, and spirit is both a discipline and a gift. If it is truly important for us, we find the time and the way to do it. Now, being still may well be at any time.

Physically we need to stop, but we also need to stop ' thinking ' that is more difficult. They say that one of the biggest addictions is addiction to 'thinking'. We must learn to keep quiet. One of the translations of the above verse says “That’s enough!” Other Bible translation say: “Calm down”. Another way to translate it in a more colloquial but clear language would be: “Be Quiet!” A very dear person says that God said that to him and finally he was able to hear the response that both sought. In any way that you read it the message is clear, we have to be able to be still. Know that I am God, is a remarkable invitation. God calls you to "know him". Not so much to believe in Him, or to know about him, but rather, to know him. Know in the Bible means personal relationship, intimate, even sexual. Do you know God? Or do you just believe in Him? I AM. This is the name which God reveals to Moses, when he is in front of the burning bush, he asks who are you? I AM, in Hebrew Yahweh. God is being per excellence. Our being is because of His Being. And this being of God is love. You know that I am, and you know that I am love, God’s says. And this knowledge is first and foremost an experience of intimate union and love that transforms and brings peace, silence, and stillness.

