When you meditate, be like a mountain

immovably set in silence.

Its thoughts are rooted in eternity.

Do not do anything, be

 and you will reap the fruit flowing from your prayer

When you meditate, be like a flower

always directed towards the sun.

Its stalk is always straight.

Be open, ready to accept everything without fear

 and you will not lack light on your way.

When you meditate, be like an ocean

always immovable in its depth.

Its waves come and go.

Be calm in your heart

 and evil thoughts will go away by themselves.

When you meditate, remember your breath:

thanks to it you have come alive.

It comes from God and it returns to God.

Unite the word of prayer with the stream of life

 and nothing will separate you from the Giver of life.

When you meditate, be like a bird

singing without a rest in front of the Creator.

Its song rises like the smoke of incense.

Let your prayer be like the coo of a dove,

 and you will never succumb to discouragement.

When you meditate, be like Abraham

giving his son as an offering.

It was a sign that he was ready to sacrifice everything.

You too, leave everything

 and in your loneliness God will be with you.

When you meditate, it is Jesus

praying through you to the Father in the Spirit.

You are carried by the flame of his love.

Be like a river, serving to all,

 and the time will come, when you will change into Love.

Every mountain teaches us the sense of eternity,

every flower, when it fades, teaches us the sense of fleetingness.

The ocean teaches us how to retain peace among adversities,

 and love always teaches us Love.

*Fr Seraphim of Mount Athos (adapted by Fr Jan Bereza OSB)*