

Checklist for Abiding in Stillness

By CWG Ministries

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On the following lists, check the characteristics that represent your meditative state and your lifestyle, since meditating or abiding is to be a way of living. This will assist you in cultivating the art of stillness before Almighty God.

Physical Calm

- My heart beats calmly and evenly.
- My breathing is calm, easy, even, and complete.
- My muscles feel relaxed.
- I feel calm and at peace.
- I feel relaxed and comfortable around others.
- My body is at equilibrium.
- My body rhythms are normal.
- I feel coordinated.
- My mouth is moist.
- I feel awake and refreshed.
- My head is free from pain.
- My back is free from pain.
- I feel light and fit.
- My shoulders and neck are free from pain.
- The condition of my skin is healthy.
- My eyes are moist and functioning well.
- My stomach feels calm.
- My appetite is appropriate.

Focused Attention

- My thoughts are focused and clear.
- I have little trouble remembering what I am doing.
- I feel very aware and conscious of things.
- When disturbed, I find it easy to get back on track.
- I feel centered.
- I am decisive.
- My goals and priorities are correctly identified.
- I keep things simple, doing one thing at a time.
- I concentrate on what I am doing.
- I seem to be quite perceptive.
- Even if things get hectic, I feel I can work in a calm and orderly manner.
- I feel quite alert.
- I feel absorbed in what I'm doing.
- Things seem lucid and clear.
- I am able to distinguish and choose between two courses of action.

- I finish one job before starting something else.
- I live in the present, fully experiencing every moment.
- My mind is like a mirror, clearly reflecting the physical and spiritual worlds without distortion.

Letting Be

- I am led by flow and not by my wants and desires.
- I am compassionate toward myself, accepting my imperfections.
- I move at a good and steady pace.
- I can accept the things I am unable to do or understand.
- I can say “live and let live” about some of my problems.
- I can put things that really matter in perspective.
- I am accepting of what cannot be changed.
- I am able to simply be myself.
- I feel flexible.
- I can clearly see the things that really matter and set the rest aside.
- I can realize when I’ve worked enough and choose to take a break.
- I experience patience.
- I can allow tomorrow to come in its own way.
- It feels okay to let some things be.
- I live as though everything has its time to be completed.
- I can see the good in all that happens.
- I am accepting of what comes my way.
- I am confident and assured that I am living right.
- I feel accepted and approved by most people.
- I feel part of a larger purpose or scheme of things.

Receptivity

- I am aware of God flowing through me.
- I live in an active dependence upon the Holy Spirit.
- I acknowledge the Holy Spirit’s presence.
- I look to God for the resources to tackle and complete projects.
- I offer one word or sentence prayers when in need.
- I am instantly aware when pride or self-dependence encroaches upon me.
- I picture myself as one filled with Another.
- I recognize that my strength comes from God.
- I recognize that my wisdom comes from God.
- I recognize that God is my Source.
- I am aware that I can do nothing on my own and intentionally depend on God for all things.
- I am aware that my righteousness is that which is imputed through Christ.
- I see myself as clothed with Christ’s righteousness.
- When I succeed, I am immediately aware that it is Christ’s victory.
- When I fail, I realize that I was relying on my own strength rather than the indwelling Christ.
- I accomplish tasks effortlessly.