



Contemplative Muscles

This metaphor invites us to think of contemplation not just as a passive state but as a living, embodied, practiced way of being that can be stretched, strengthened, and softened over time.

Here's a list of “**contemplative muscles**” - inner capacities and postures that are gently cultivated through slow attentive practice of spiritual direction, meditation, prayer, silence, connection to country, deep listening, and sacred reading.

Presence & Attention

Noticing

Attending

Apprehending

Awareness

Listening

Gazing

Focussing

Beholding

Observing

Reflecting

Mirroring

Breathing

Openness & Receptivity

Welcoming

Accepting

Receiving

Inviting

Befriending

Allowing

Sensing

Sitting

Caring

Stillness & Slowness

Stilling
Quietening
Resting
Waiting
Lingering
Savouring
Discerning
Staying

Release & Letting Go

Ease
Emptying
Relinquishing
Surrendering
Trusting
Letting be
Holding lightly

Integration & Inner Wisdom

Discerning
Reflecting
Integrating
Embodiment
Imagining
Storying
Naming
Suggesting
Wondering
Intuiting
Synthesising

Flow & Transformation

Becoming
Emerging
Weaving
Dancing
Being
Yielding
Forming