COURAGEOUS REST

To allow oneself to be carried away by a multitude of conflicting concerns, to surrender to too many demands, to commit oneself to too many projects, to want to help everyone in everything, is to succumb to the violence of our times.

Some of us need to discover that we will not begin to live more fully until we have the courage to do and see and taste and experience much less than usual.... There are times when in order to keep ourselves in existence at all we simply have to sit back for a while and do nothing. And for a person who has let themself be drawn completely out of themselves by their activity, nothing is more difficult than to sit still and rest, doing nothing at all. The very act of resting is the hardest and most courageous act a person can perform.

Thomas Merton