



Stillness

In stillness, there is calmness and peace. Stillness may involve the absence of sound, noise, motion or disturbance. Stillness has been a part of the Catholic and other faith Traditions for millennia. Stillness can also be practiced by those of no faith tradition. In the Catholic tradition being still invites individuals and communities to experience the presence of God. “Be still and know that I am God” (Psalm 46:10). Stillness does not mean a state of idleness. In the Catholic and other Traditions there is an understanding of stillness providing an opportunity for deep reflection and searching for God. To know God is to be fully alive. As with silence, stillness has both an exterior and an interior dimension.

This Spiritual Capability may involve:

- Allowing space of both place and time
- Attentive listening
- Embracing the power of pause
- Moving away from distractions.

Examples of educators promoting this capability could be when they:

- Provide places and regular times for stillness, e.g. through guided meditation, breathing exercises, walking meditation through nature etc.
- Model stillness e.g. through ‘wait time’ in their questioning.
- Create rituals that involve stillness.
- Build the capacity of staff and students to become familiar with the practice of stillness.
- Pay attention to their thoughts emotions and feelings.
- Exercise regular silent times.
- Use meditation
- Use a mantra or prayer word - see [Christian Meditation for Children](#)