

**Into Silence:
the sound of a gentle whisper**

**by
Holly Walton**

**A Research Project submitted in partial fulfilment of the requirements of the
Spiritual Directors' Training Programme of Spiritual Growth Ministries**

'Into Silence' (see the separate PDF) is a creative resource for experiencing prayerful stillness and silence.

Instructions for printing 'Into Silence' as a booklet

If you open the PDF in Adobe, there is a choice under 'printing' to print as a booklet. This enables it to be printed as an A5 booklet. The margins should be set to 0 mm. This will keep the formatting correct.