

CENTRING PRAYER MEDITATION

September 2021
Within us and in all that is...

CLC Statement

Few humans in contemporary society are even aware of how creation provides ecosystem services upon which our society depends. Scientific observation of the global climate has confirmed the interdependence of all systems of life. The fate of Earth and the fate of humans is one. We depend upon Earth for every aspect of life. Take the simple example of breathing. We breathe repeatedly every minute, yet most of the time we do so unconsciously.

.....breathing is not an isolated activity, but rather a practice that ties us even more intimately with the rest of creation.

.....our bodies and Earth's atmosphere are perfectly matched.

.....the oxygen we breathe is not our own. We possess it for a short time and then release it back to the rest of creation.

Ilia Delio, Keith Douglas Warner, Pamela Wood:
Care for Creation

In contemplative moments we experience the power of God as spirit, as Light, as Life, as Creator, as Divine Energy that shapes and fashions us.

Judy Cassatt:
Radical Amazement

Morning Prayer

You are the Ground of all being,
the Well-Spring of time
Womb of Earth
the Seed-Force of stars.
And so at the opening of this day
we wait
not for blessings from afar
but for You
the very soil of our soul
the early freshness of morning
the first Breath of day.

Be still and aware

John Philip Newell:
Praying with Earth

The Breath of God draws us into the new, into the openness of God's future. The Spirit thus appears as God-before-us. This Breath of Life, creatively present in all creatures, draws Christians beyond the church into communion with the whole of creation.

Denis Edwards:
Ecology at the Heart of Faith

**"Ruah"
Breath of Life
Opens up
each cell
each molecule
in the body
Being aware of your breath
forces you into the
Present Moment**

**We all share the same Breath and Essence
Within all is infinite Being .
Within all, within all, within all that is.
We all share in One Life and Presence, Deep within all dwells Spirit's Light.
Within all, within all, within all that is.**

Jan Navotka: Awakening Consciousness CD

Let's become very aware of the connection that our breathing is for us.

**Let us come to the Radiant One with thanksgiving, with gratitude let us offer our psalms of praise! For the Beloved is infinite, the Breathing Life of all.
...life is but a breath in the Eternal Dance, a gift to be revered with trust, an opportunity to grow in spirit and truth.**

Ps 95 Nan Merrill Psalms for Praying

BREATHE

Centring Prayer is a method of prayer for awakening to the gift of contemplation and contributing to bringing the knowledge and

experience of God's love into the general consciousness of the human family.

It is a movement of Divine Love designed to renew the Christian contemplative tradition. It consists of consenting to God's presence and action within. It is based on the format for the profound form of prayer that Jesus suggests in Matthew 6:6.

If you want to pray, enter your inner room, close the door, and pray to your Father in secret.

Then your Father who sees in secret, will reward you.

In Centring Prayer, we consent to God's presence and action within, surrendering our will completely to God, and relating to God who dwells in secret, which is the silence of self. Centring Prayer elicits a commitment to the goal of inner transformation and is an invitation to interior silence and openness to Divine Indwelling. We withdraw our attention from the ordinary flow of thoughts and open to a deeper part of ourselves, the spiritual level.

Excerpts from the late Fr Thomas Keating's Book: **Open Mind Open Heart**, which gives detailed guidance to the method of Centring Prayer.

Fr Thomas, was a Cistercian (Trappist) monk of St Benedict's Monastery in Snowmass, Colorado, he was one of the founders of the Centring Prayer movement, and a leader within the Catholic world in the task of recovering our Christian contemplative heritage.

See also, Centering Prayer and Inner Awakening and **The Heart of Centering Prayer** – both books by The Rev'd Dr Cynthia Bourgeault, Author, and Anglican Priest. Cynthia was a

student of Fr Thomas Keating.