

CENTERING PRAYER

The Prayer of Consent

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Centering prayer is both

- a relationship with God
- a discipline to foster the relationship

Discipline is rooted in the word disciple which means “to do in love”

Foster means “to keep alive within oneself”

The practice of Centering Prayer is in total service to the relationship

- Once we equate God with life itself a transformation takes place in the way we believe.
- Once we remove everything that separates divinity and humanity, heaven and Earth, grace and nature, then we begin to truly and freely live and move in another milieu.
- Once we use the same name for the Gracious Mystery and Mother of all becoming, and the primal energy of creation and ongoing evolution, our faith can never be the same again.
- And once we commit to identifying God's intimate presence in our evolving, sensual perception of the world's most beautiful artistry, creativity and imagination, in our every breath and heartbeat, in our daily darkness and invincible light, then we are living the incarnation of God in Jesus.
- To do this faithfully we need a sacramental community of Love around us.
- Let us pray -for the faith to recognise God's presence in our world. O loving Creator God, as we listen deeply, You open our eyes to see you at work in all that is. You help us to cherish the gifts that surround us, to share your blessings with our brothers and sisters, and to experience the joy of life in your presence.



The Guidelines

- 1. Choose a sacred word as the symbol of your intention to consent to God's presence and action within.*
- 2. Sitting comfortably and with eyes closed, settle briefly and silently introduce the sacred word as the symbol of your consent to God's presence and action within.*
- 3. When engaged with your thoughts return ever-so-gently to the sacred word.*
- 4. At the end of the prayer period, remain in silence with eyes closed for a couple of minutes.*

The Four “R’s”

Resist no thought

Retain no thought

React emotionally to no thought

Return ever-so-gently to the sacred word

Practical Points to Remember

During the prayer, we **AVOID**:

- *Analyzing or judging our periods of prayer as “**good**” or “**bad**” by the psychological experience.

- *Harbouring expectations or aiming at some specific goal such as:
 - repeating the sacred word continuously

 - having no thoughts

 - making the mind blank

 - feeling peaceful or consoled

 - achieving a spiritual experience

The Practice

1. The intention is the heart and core of the prayer.
2. When engaged with your thoughts *return ever-so-gently to the Sacred Word.*
3. Progress in Centering Prayer is not a state of “no thoughts”....*but detachment from all thoughts.*

...“Let them come, and let them go....”

The
Essence
of
Centering Prayer
is not
no thoughts
but
detachment from
thoughts



LET THEM COME.....



LET THEM GO.....



The
Principle Effects
of
Centering Prayer
are
experienced in
Daily Life

Not in the prayer itself

