



CENTERING PRAYER

DESCRIPTION

Centering Prayer is a method of silent prayer which deepens our relationship with God. It's a prayer in which we can experience God's presence within us, closer than breathing, closer than thinking, closer than consciousness itself.

HOW TO PRACTICE

1. Choose a "sacred word" as a symbol of your intention to consent to God's presence and action within
 - a. Use a word like: God, Father, Jesus, Spirit, Lord, Savior, Divine, Holy, Peace, Love, etc.
 - b. Stay with the same word for the entire period; don't engage in thoughts or reflections on its meaning
2. Sit comfortably with eyes closed; settle briefly and breathe deeply
 - a. You might focus on your breath for a time (God's Spirit within you!); breathe in, breathe out; slowly, regularly
3. Quietly introduce the sacred word into your mind as a symbol of God's presence and action within
 - a. Use your word not like a "mantra" (constantly repeated), but as a way to bring back your focus and attention on God
 - b. When distracted by thoughts (or feelings, images, reflections), gently say your word in your mind.
4. At the end of the prayer period, remain in silence and simply listen.