

The Four Guidelines to Centering Prayer

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.

*thoughts include body sensations, feelings, images, and reflections.

Check Out These Resources

Contemplative Outreach—the Go To website. Many videos, teaching tools
www.contemplativeoutreach.org

For an excellent, four minute how-to explanation of Centering Prayer, see Phileena Heuertz's video at
www.youtu.be/tqTnWJFZm6s

You can find more on Contemplative Activism as well as a video of Fr. Thomas Keating explaining the method of Centering Prayer at
www.gravitycenter.com

There's an app for that:

Centering Prayer app from Contemplative Outreach. It is a free app which you can use to settle yourself with some written prayer, chimes, reading for Lectio Divina as well as to time your practice.

There is also the Contemplative Prayer app that allows you to listen to the Sounds True recording of Thomas Keating teaching about Centering Prayer. The app costs 11.99.

My Reunion Sisters and I use the Insight Timer (free app) to time our meditation or Centering Prayer. It provides a way of tracking our practice and provides motivation (as if the indwelling Presence of God wasn't motivation enough.) There are recorded guided meditations available as well for breath practice, body scan, relaxation.

Contemplative Outreach of South Florida

www.cochapters.com/miami_florida.htm

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