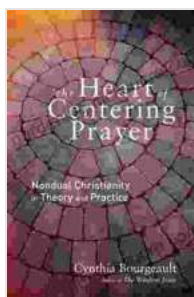


The Heart of Centering Prayer: A Transformative Journey into the Silence

Centering prayer is a simple yet profound practice that can lead to a deep transformation of the heart. It is a practice of letting go and opening to the presence of God, allowing His love to fill us and guide us. Through centering prayer, we learn to listen to our hearts and discern the movement of the Holy Spirit within us.

Getting Started with Centering Prayer

To begin practicing centering prayer, find a quiet place where you can be alone and undisturbed. Sit comfortably in a chair with your feet flat on the floor and your spine straight. Close your eyes and take a few deep breaths, allowing your body to relax.



The Heart of Centering Prayer: Nondual Christianity in Theory and Practice by Cynthia Bourgeault

★★★★☆ 4.6 out of 5

Language : English
File size : 5754 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 241 pages

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Once you are relaxed, begin to repeat a single word or phrase as a mantra. This mantra can be anything that is meaningful to you, such as "Jesus," "Love," or "Peace." As you repeat the mantra, focus your attention on the sensations in your body, particularly in your heart. Notice any tension or resistance that you may be holding, and gently release it.

Continue repeating the mantra for 20-30 minutes, or for as long as you feel comfortable. If your mind wanders, simply return gently to the mantra. Don't be discouraged if your mind wanders frequently at first. It is normal for the mind to be active, especially when we are first learning to practice centering prayer.

Benefits of Centering Prayer

Centering prayer has many benefits, including:

- Reduced stress and anxiety
- Increased inner peace and calmness
- Improved focus and concentration

li>Greater self-awareness

- Deepened relationship with God
- Increased compassion and love for others

The Transformative Journey of Centering Prayer

Centering prayer is a transformative journey that can lead to a profound change in our lives. As we practice centering prayer regularly, we begin to let go of our ego and open to the presence of God. We learn to listen to our

hearts and discern the movement of the Holy Spirit within us. This leads to a deeper understanding of ourselves, our purpose in life, and our relationship with God.

The transformative journey of centering prayer is not always easy. There may be times when we feel discouraged or tempted to give up. However, if we persevere, the rewards are great. Centering prayer can lead us to a life of greater peace, joy, and love.

Tips for Practicing Centering Prayer

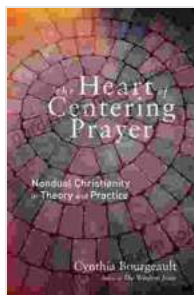
Here are a few tips for practicing centering prayer:

- Find a quiet place where you can be alone and undisturbed.
- Sit comfortably in a chair with your feet flat on the floor and your spine straight.
- Close your eyes and take a few deep breaths, allowing your body to relax.
- Begin to repeat a single word or phrase as a mantra.
- Focus your attention on the sensations in your body, particularly in your heart.
- Continue repeating the mantra for 20-30 minutes, or for as long as you feel comfortable.
- If your mind wanders, simply return gently to the mantra.

Centering prayer is a simple yet powerful practice that can transform our lives. It is a practice of letting go and opening to the presence of God, allowing His love to fill us and guide us. Through centering prayer, we learn

to listen to our hearts and discern the movement of the Holy Spirit within us. This leads to a deeper understanding of ourselves, our purpose in life, and our relationship with God.

If you are looking for a way to deepen your spiritual life, I encourage you to try centering prayer. It is a practice that can bring you great peace, joy, and love.



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