

HINSLEY ZOOM Saturday, 11 JULY 2020

"New every morning is the love  
Our waking and uprising prove;  
Through sleep and darkness safely brought,  
Restored to life and power and thought."  
First verse of hymn by John Keble

"The Lord is my shepherd, I shall not want.  
He makes me lie down in green pastures;  
he leads me beside still waters;  
he restores my soul." Psalm 23

"Wherever you are on your journey...may you be blessed with the joy that  
comes from listening to the wisdom within your own soul..."  
Rumi

Welcome Prayer Practice

Recap from last week's session.

CENTERING PRAYER

In Centering Prayer. "Thoughts" is the umbrella term for anything that passes  
down the stream of consciousness. Whenever we become aware that we are  
engaged with our thoughts, we return to our sacred word as a symbol of our  
intention to be open and consent to God's Presence and Action within.

We do not Resist Reject or React to thoughts we Return to the sacred word, EVER  
SO GENTLY, Renewing our intention to consent to God's presence and action  
within.

The suggestion is that we practice this for 20 minutes twice daily.

We do not look for results or analyse the practice. We trust in the invisible  
deepening of faith that takes place. Any "fruits" from our practice are seen in  
daily life, usually recognised by others before we can.

WELCOME PRAYER some times called "Centering Prayer on the Go."

As we establish our practice in Centering Prayer, we may find in daily life that we  
can let go of "thoughts" as we do in the prayer because they no longer hold  
significance for us. At the same time, we are able to observe our habitual modes  
of behaviour. How automatic are our reactions and responses to life's situations.  
We may notice that we live quite a lot of our life on "automatic pilot" and this can  
take us by surprise.

This is where, if we remember, the Welcome Practice comes to our assistance. It  
is a part of the healing process initiated by our intention to be open to the divine  
presence and action within. As God's presence grows in us, we learn to welcome  
the process of transformation.

"God will bring people and events into our lives, and whatever we may think about them, they are designed for the evolution of His life in us."  
Thomas Keating *Rising Tide of Silence*

**NB** We are not turning towards the *cause* of the upset but our *response* to it. It is not the issue but the sensations and emotions ( Anger fear tension)that arise in the body as our *response* to the issue.

## THE WELCOME PRAYER PRACTICE

### Focus

Become aware of your body and your interior state. **Feel and bring your attention to** the experience, feeling, emotion thought or commentary **as a sensation in the body.**

### Welcome

Acknowledge and welcome whatever you experience. Accept that your feelings are there and that you can be with them as they are.

### Let Go

I let go of my desire for security, affection, control and embrace this moment as it is.

I let go of my desire to change this moment and I embrace it as it is.

**The Method of Centering Prayer:** Read through this as a simple way to refresh your practice. Even long term practitioners find nuances they have missed when re-reading this

*"The purpose of Centering Prayer is not to experience peace but to evacuate the unconscious obstacles to the permanent abiding state of union with God. Not contemplative prayer but the contemplative state is the purpose of our practice; not experiences, however exotic or reassuring, but the permanent and abiding awareness of God that comes through the mysterious restructuring of consciousness."*