

Hinsley Zoom 8 August 2020

### **Opening Prayer**

"Source of My Strength:

Bring wholeness to the fragmentation of my thoughts, feelings, and actions.

Release my constrictions against others, myself, and your divine love.

Set me free with the power of your love, healed through surrender into your ever-sustaining grace.

Amen. Peter Traben Haas

### **Reading at the end of the session**

We surrender to the attraction of interior silence, tranquility, and peace. We do not try to feel anything, reflect about anything. Without effort, without trying, we sink into this Presence, letting everything else go. Let love alone speak: the simple desire to be one with the Presence, to forget self, and to rest in the Ultimate Mystery. This Presence is immense, yet so humble; awe-inspiring, yet so gentle; limitless, yet so intimate, tender and personal. I *know* that I am *known*.... We wait patiently; in silence, openness, and quiet attentiveness; motionless within and without. We surrender to the attraction to be still, to be loved, just to *be* (*Open Mind Open Heart* Thomas Keating)

### **Prayer for Unity**

"May God heal all divisions -- those within my own mind, heart, soul and body, and those between all people and groups -- that we may be one Body in Christ, unified in every way and on every level, and thus manifest the Living Christ by our very lives. Amen."

United in Prayer 2020  
Contemplative Outreach

### **TALK 2: THE METHOD OF CENTERING PRAYER**

Centering prayer is both a relationship with God and a discipline to facilitate its development.

## 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 term 'thoughts' is an umbrella term and refers to any perception at all, including: sense perceptions, feelings, memories, reflections, concepts, commentaries and spiritual experiences. ⇒

### On the Spiritual Level of Being

“The Sacred Word is a way of renewing your intention to open yourself to God and to accept God as God is. While this does not prevent anyone from praying in other forms at other times, the period of Centering Prayer is not the time to pray specifically for others. By opening yourself to God, you are implicitly praying for everyone past, present and future. You are embracing the whole of creation. You are accepting all reality, beginning with God and with that part of your own reality of which you may not be generally aware, namely, the spiritual level of your being”.

Open Mind Open Heart Revised Edition, by Thomas Keating, pg.32