

Hinsley Zoom Saturday, 17 October Prayer, 2020

DVD: The Basics Principles of Centering Prayer

Prayer before Centering Prayer

Father Son and Holy Spirit;
Creator, Redeemer and Sanctifier,
Alive at the centre our being,
We wish to surrender in love to you.
May our sacred word which we shall pray,
Whenever we become aware of anything else,
Be a sign and symbol of our intention to consent
To your divine presence and action within. Amen

Reading

As your sensitivity to the spiritual dimension of your being develops through the daily practice of this prayer, you may begin to find the awareness of God's presence arising at times in ordinary activity. You may feel called to turn interiorly to God without knowing why. The quality of your spiritual sensitivity is developing and enabling you to pick up vibrations from a world you did not previously perceive. Without deliberately thinking of God, you may find that God is often present in the midst of your daily occupations.

(Thomas Keating: Open Mind Open Heart p.23)

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

DVD 4: THE BASIC PRINCIPLES OF CENTERING PRAYER. Fr Thomas Keating

One of the things that Centering Prayer is, is an exercise of faith, hope and charity; charity meaning the Divine Love. There are really three acts in Centering prayer that we might distinguish in relation to those theological virtues that are basically the instruments of transformation that God uses. The first disposition in Centering Prayer is opening to the Divine Presence in Faith. This corresponds to consent. So the first act in Centering Prayer is consenting to God's presence.

The second disposition that develops over time, which is a real unfolding of the grace of contemplation, is *waiting* for God *in hope*, hope in the sense of trusting ourselves completely to God in the present moment. The third disposition or step in Centering Prayer is transformation, and this is the process over which we have no control except to accept the way that God works it out through His special graces.

The Divine Trinity dwells within us. And this is the gift we all receive in Baptism or with the desire of Baptism.

God is totally present in every creature. But in the human being, God wants us to be conscious of this presence and to relate to that presence. So this is what Centering Prayer is, totally in the service of becoming.

The first theological principle in Centering Prayer is faith in the Divine indwelling of the Most Holy Trinity, and of our need to cultivate the awareness of the Divine Trinity within us all the time.

In Centering Prayer we are immersing ourselves in the Divine indwelling, where the life of the Trinity is going on inside of us.