

## **Hinsley Zoom Saturday, 18 September, 2020**

### **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.

### **Final Reading**

When we sit in Centering Prayer, introduce our sacred symbol, and enter a certain degree of rest, our defences go down. The growth of interior silence along with our growing trust in God, enables us to face the dark side of our personality. We know that God knows us through and through, and still loves us. In fact, God could not be more delighted to provide this information. Grace enables us to evacuate negative emotions that are stuck in our nervous system, hindering the free flow of pure love that leads to divine transformation. T

T.K. (The Better Part p.63)

### **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*

## The Discipline of Centering Prayer - Part 2

### Quick recall from last week

- 'Discipline' as *discipleship* - the way we follow Christ.
- Thomas sums up the essence of Centering Prayer as one method of *engaging with the Divine presence in the inner room* -- that's the essence.

### Thomas suggests 5 Goals **Not To Have**

1. Analysing - *'Am I doing it right?'*
2. Having no thoughts - *that's just not possible*
3. Making the mind a blank - *not possible either because that's not how the mind works*
4. Feeling good - *looking for consolations - they're always only temporary - but occasionally God heals hurts from the past and consoles us - but that's God doing it.*
5. Having 'a spiritual experience' - *God is doing something much deeper - transforming us at a much deeper level*

### The one goal worth having

God transforms us over time to having a kind of awareness of His presence no matter what we're doing - it's not *thinking* about Him all the time but just a kind of quiet consciousness of His presence. Sometimes you might even feel in love with God - a kind of erotic energy in the broadest sense.

### Relationship red flag

Watch out for a classic human attitude to relationships even with God. If we don't feel consolations we might fall into thinking "If he doesn't seem to be heeding me then I'm not going to heed Him".

### Finally - Thomas outlines 3 tracks in our practice

**Track 1** - Our ordinary awareness when we go to our secret room and which we let go of as we start to use our sacred word to express our intention to consent to God's presence and action within. We let go of our thoughts.

**Track 2** - Some thoughts come back demanding our attention - like a boat coming downstream and saying "Hop on!" But we return to our sacred word even if it happens 10,000 times during our 20 minutes - that's 10,000 acts of love for God.

**Track 3** - We get to a point where we're not interested in any thoughts. We can just rest in the presence of God. Our intention was clear from the start. Our *intention* then is always our focus.