

Hinsley Zoom July 4 2020

Prayer before Centering Prayer

Beloved One in Three:

Lead me deeper into the mystery of your love. Help me feel your presence in my weaknesses and all my wanderings.

Amen

(Peter Traben Haas)

“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*

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.

NB we are not welcoming the *cause* of the upset but our response to it. We are not welcoming the illness but the feeling of fear, sadness or anger that may arise as our response to it.

If we emphasise what God is doing for us as we do in Centering Prayer, we start the spiritual journey from a different place than has been traditional in the past. We begin the journey not with ourselves and what we are going to do for God, but with God and what God is doing for us. We consent to God's presence, letting God decide what he wants us to do. God seems to want to find out what it is like to live human life in us, and each of us is the only person who can ever give him that joy. Hence our dignity is incomparable. We are invited to give God the chance to experience God in our humanity, in our difficulties, in our weaknesses, in our addictions, in our sins. Jesus chose to be part of everyone's life experience, whatever that is, and to raise everyone up to divine union.
Fruits and Gifts of the Spirit Thomas Keating

It is not so much what we do but what we *are* that allows God to live in the world. When the presence of God emerges from our inmost being into our faculties, whether we walk down the street or drink a cup of soup, divine life is pouring into the world. OMOH

Life ... in union with God... is full of surprises. You can be sure whatever you expect to happen will not happen. That is the only thing of which you can be certain in the spiritual journey. OMOH

Reading at the end

When we sit in meditation, we take the little child of our ego self off to school, where we must learn to die to our illusions about being dualistically other than God. We must also die to any grandiose delusions that we are God. In meditation we learn to wait with compassion and patience until we are ready to take our next faltering step into a yet deeper realization of oneness with God. This tender point of encountering Christ, understood as God in our midst, listening, loving, and helping his children across the threshold into eternal oneness with God,...This, then is one way of understanding how to deal with the ongoing loss of our old and familiar ways of understanding ourselves. And this is how we can, with Christlike compassion, be present to the self transforming process in which, little by little, breath by breath, love dissolves the illusions and fears born of our estrangement from the infinite love that is our very life.

adapted from *Christian Meditation* by James Finley