

CENTERING PRAYER

Centering prayer is a prayer form in which God speaks to us and we try to remain in silence listening to God's Word.

"Contemplative Prayer is the opening of mind and heart, body and emotions--our whole being to God, the Ultimate Mystery, beyond words, thoughts and emotions--beyond, in other words, the psychological content of the present moment." [Father Thomas Keating](#)

"We do not know we are full of paradise because we are so full of our own noise that we cannot hear God singing us and all things into being."
[Thomas Merton](#)

"Find your way into your own silence, no matter what the world is offering you at the moment. Begin to center using your slow and steady breathing to conduct you toward that inner horizon, that "point vierge" of emptiness, openness, and spaciousness that is your own deeper nature."
Kathleen Deignan

Centering Prayer Practice is a non-denominational group that meets for prayer every Tuesday evening from 7:00 to 8:15 p.m. in the library at IHM. If you have questions please call Fran Didier at 242-8643.