


Centering Prayer

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.

Guidelines from Thomas Keating





"But whenever you pray,
go into your room and
shut the door and pray
to your Father
who is in secret;
and your Father
who sees in secret
will reward you."

-Matthew 6:6



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