

# Centering Prayer

## Quick Start Guide

Centering Prayer is a contemporary spiritual practice that finds its roots in the millennia-old discipline of *lectio divina*. In this form of contemplative prayer, one lives out the desire to be in God's presence simply by resting in that presence, without need for dialogue or action. Instead, a single word directs the intention toward intimacy with the divine. As formulated by Thomas Keating, one of this method's leading teachers, the practice of Centering Prayer can be summed up as follows:

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 several minutes.

Taken from *Open Mind Open Heart: The Contemplative Dimension of the Gospel*. NY: Continuum, 1992: 139.)