

Centring Prayer

Centring Prayer is 'a method of praying which is *free from words, images and concepts*.' It is about the process of being still in the presence of God. It is often used both as a means of 'becoming still and aware' as well as a means to deeper contemplation.

The Prayer Word:

At the heart of Centring Prayer is the use of a word or phrase personal to the individual. Some use the Eastern phrase and call it a 'mantra'. It is repeated quietly and is a means of 'opening' our hearts and minds to God's presence. It is primarily a prayer of *intention*. It 'directs your attention toward God and creates a context for a deeper awareness'. The 'Prayer word' (the Sacred Word) wards off flowing ideas and does not attract thoughts. It 'reaffirms *your intention to consent to God's presence and action within*'.

Guidelines:

- Choose a sacred word as a symbol of your intention to open and yield to God's presence and action within.
- Sitting comfortably, with eyes closed, after a short prayer of praise, settle briefly and introduce the sacred word as a symbol of your consent.
- Repeat the word (or phrase) gently and silently a few times. Be still and silent. When you become aware of thoughts (*however creative they may be*), return gently to your prayer word.
- At the end of this silent prayer, close by saying the Lord's Prayer very slowly.

Some 'Prayer Words':

God, Love, Lord, Adoramus te domine, Jesus, Jesus is Lord, Maranatha (Come Lord Jesus), Peace, Shalom

Use any word or phrase which is special for you.

Find it, ask for it, keep to it. Do not change it during the prayer time.

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