

## Centering Prayer

This method of prayer is both a relationship with the Source of all that exists (the Holy One) and a discipline to deepen that relationship. It's a prayer of consent in which you consent to the Holy One's presence and action in your life, and it's very, very simple.

You sit, either in a chair or on a prayer stool or mat, and allow your heart to open toward the Holy One with an open, silent attention having no expectation of what you may hear or experience. As they always do, thoughts will arise. If you find yourself becoming engaged with them, you use a short word or phrase, known as a "sacred word," such as "abba" (Jesus' own word for the Holy One) or "peace" or "be still" to help you gently let go of the thought and return to silent attending.

Here are the four guidelines from the Center for Contemplative Outreach (<https://contemplativeoutreach.org>).

- 1** Choose a sacred word as the symbol of your intention to consent to the Holy One'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 the Holy One'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.