

Thomas Keating describes  
Centring prayer like this :

“Centring prayer is not a  
way of turning on the pres-  
ence of God.

Rather it is a way of saying,  
“Here I am.”

The next step is up to God.

It is a way of putting your-  
self at God’s disposal, it is  
God who determines the  
consequences.”

Open Mind, Open Heart, p.33

If you would like to discover more about  
Centring prayer, visit

[www.centeringprayer.com](http://www.centeringprayer.com)

or read some of Thomas Keating’s  
foundational writings

OPEN MIND, OPEN HEART

1986,

THE MYSTERY OF CHRIST

1987

INVITATION TO LOVE

1992

All published by St Benedict’s Monastery,  
Snowmass, Colorado

or read

CENTERING PRAYER AND  
INNER AWAKENING

by

Cynthia Bourgeault

Cowley: Cambridge, Massachusetts

2004

# Centring Prayer



# What is Centring prayer?

Centring prayer helps us cooperate with the activity that God is constantly initiating in our inmost centre. The desire to go to God, to open to God's presence within us does not come from our initiative. We do not have to go anywhere to find God because God is already drawing us in every conceivable way into union. It is rather a question of opening to an action that is already happening in us.

## Centring prayer:

Is at the same time a relationship with God and a discipline to foster that relationship;

Is an exercise of faith, hope and love;

Is a movement beyond conversation with Christ to communion, and

It habituates us to the language of God which is silence.

Selections from 'Open Mind, Open Heart' pp. 32, 43 and [www.centeringprayer.com](http://www.centeringprayer.com)

## The Practice of Centring Prayer THE GUIDELINES

1. Choose a sacred word as a symbol of your intention to consent to God's presence and action within eg God, Jesus, Spirit, Abba, amen, peace
2. Sitting comfortably with eyes closed, settle briefly and silently introduce the sacred word as a symbol of your consent to God's presence and action within.
3. When you become aware of thoughts, return ever-so-gently to the sacred word, thereby reaffirming your choice to be united with God.
4. At the end of the prayer period, remain in silence with eyes closed for a couple of minutes.

Two periods of twenty minutes each day are recommended to sustain your connection with the reservoir of God's love.

## What is the relationship between Centring prayer and Lectio divina?

*Lectio* is a comprehensive method of communing with God which begins with the reading of a Scripture passage. Reflection on the text (meditation) moves easily into spontaneous prayer (talking to God about what you have read), and finally into resting in the presence of God.

*Centring prayer* is a way of moving from the first three phases of *Lectio* to the final one of resting in God.

Open Heart, Open Mind, p.29

