

## Contemplative Outreach

- serves over 40,000 people
- Supports over 1,200 active chapters in 39 countries
- Supports over 800 prayer groups with over 5,000 members
- Teaches over 15,000 new people the practice of Centering Prayer and other contemplative practices through locally-hosted workshops, seminars, prayer days and retreats.
- Communicates and archives the wisdom teachings of Fr Thomas Keating through books, audio and video media, the internet, teleconferences, articles and more.

To learn more about Centering Prayer, email us at: [centeringprayeraustralia@gmail.com](mailto:centeringprayeraustralia@gmail.com)

If you are attracted to the contemplative dimension of Christian teachings and practices and don't know where to begin, you may find these suggestions useful. Read : Cynthia Bourgeault's book: *Centering Prayer and Inner Awakening*

Peter Traben Haas' book: *A Beautiful Prayer—Answering Common*

*Misperceptions about Centering Prayer*

Thomas Keating's, *Open Mind, Open Heart*.

To learn the method of Centering Prayer, you may wish to read the Centering Prayer pamphlet available from CPNA.

Attend a local Centering Prayer Support Group to strengthen your daily practice and your growing relationship with God and others along the way. Practice Centering Prayer for a minimum of 20 minutes, twice each day, with the intention of deepening your personal relationship with God.

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## CENTERING PRAYER NETWORK AUSTRALIA (CPNA)



## LEARNING TO GROW IN THE LOVE OF CHRIST



*When you want to pray, go to your inner room, close the door, and pray to your father in secret. And your Father who sees in secret will reward you. Matthew 6.6*

**The intent of CPNA is to foster the process of transformation in Christ in one another through the practice of Centering Prayer.**

# CENTERING PRAYER NETWORK AUSTRALIA (CPNA)

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## *Contemplative Prayer*

Contemplative Prayer is a process of interior transformation, a conversation initiated by God and leading, if we consent, to Divine Union.

One's way of seeing reality changes in this process.

A restructuring of consciousness takes place which empowers one to perceive, relate and respond with increasing sensitivity to the Divine presence in, through, and beyond everything that exists.

In silence we come to know and live from the Divine Mystery within us.

The fruit of contemplative prayer manifests through the growing awareness of God as the Source and Centre of all and in the increasing capacity to live ordinary life with extraordinary love.

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*Be silent and know that I am God.*  
Psalm 46:10.

## *What is Centering Prayer?*

Centering Prayer is a receptive method of silent prayer that prepares us to receive the gift of contemplative prayer, prayer in which we experience God's presence within us, closer than breathing, closer than thinking, closer than consciousness itself. This method of prayer is both a relationship with God and a discipline to foster that relationship

*Centering prayer is not meant to replace other forms of prayer.*

Rather, it adds depth of meaning to all prayer and facilitates the movement from more active modes of prayer—verbal, mental or affective prayer—into a receptive prayer of resting in God. Centering prayer emphasises prayer as a personal relationship with God and as a movement beyond conversation with Christ to communion with Christ.

The source of Centering Prayer, as in all methods leading to contemplative prayer is the Indwelling Trinity: Father, Son and Holy Spirit. The focus of Centering Prayer is the deepening of our relationship with the living Christ.

## CENTERING PRAYER GUIDELINES

1. Choose a sacred word or symbol as a sign 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. If you wish you may conclude with the Lord's Prayer.
- \* Thoughts include body sensations, feelings, images, concepts and reflections.

*"Silence is God's first language.  
Everything else is a poor  
translation"*

*Thomas Keating*

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SILENCE

SOLITUDE

SERVICE

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