

CENTERING PRAYER *Steps*



step one:

SACRED WORD

Select a sacred word or symbol (such as a candle) that symbolizes the consent of your will to the activity & presence of Spirit within. Your sacred word or symbol is intended to be the same every time you pray. Words with only one syllable (love, peace, etc.) are ideal because you don't want to spend too much time focused on saying the word in your mind.



step two:

CONSENT WITH THE WORD

Sit with an upright, attentive posture that allows for an erect spine and open heart, with eyes gently closed. Place your hands on your lap, ideally with palms facing upward to suggest openness. Gently introduce the sacred word or image to begin your prayer time.



step three:

USE YOUR WORD TO LET THOUGHTS GO

When thoughts, feelings, or sensations arise that seek your focus of attention, do not try to resist them but also do not follow them. Simply let them go on by. When you find you have gotten lost in thought, gently and compassionately—without self judgment or self recrimination—return to your intention using your sacred word or symbol. Do this as many times as you need to during your sit.

NOTE: Do not keep repeating the word as you would a mantra; instead, bring forth the word simply as a reminder to empty your mind if and when you have found that you have been lost in thought.