

How To “Do” Centering Prayer

- ♡♡ Find a quiet space where you are unlikely to be disturbed.
- ♡♡ Sit in a way that allows you to be relaxed in body and alert in mind. Use a chair, meditation cushion or prayer rug, according to your own physical needs and preferences.
- ♡♡ Gently close your eyes.
- ♡♡ Allow your heart to open toward that invisible but always present Origin of all that exists.
- ♡♡ Use a “sacred word.” This is a word that helps you to let go of thoughts. It is a reminder of your intention to remain open to the silence and return to God. Whenever you become aware of a thought, no matter what its nature, let it go, returning to God through the sacred word.
- ♡♡ Continue this practice for 20 minutes. At the end of the time get up and go about your business, leaving the practice behind, in the same way you let go of your thoughts.
- ♡♡ People who are just beginning, and are particularly restless in mind and body, may find it easier to start off with shorter prayer periods, perhaps only 5 minutes per sit to start. Then after a few days extend the time to 10 minutes and so on until you are able to sit for 20 minutes. Give the practice at least 2 weeks before you decide if it is right for you.
- ♡♡ Two 20-30 minute sits per day are considered ideal. It is strongly recommended that no one meditate for more than 60 minutes a day unless you are attending a structured retreat with experienced leaders.

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