



- ❖ Find a quiet place and restful position to sit.
 - ❖ Focus on your breath. Let other thoughts and concerns take a back seat. Don't fight them but simply come back to your breathing. Try to be self-compassionate and patient.
 - ❖ Ask God for a word or image (peace, love, Jesus, a phrase from Scripture, etc.). Keep it simple. Try not to force it on your own but wait for it. You'll know when it arrives.
- ❖ Stay with that word or image for a few minutes. If your mind wanders, gently come back to your focus. Again, don't fight distractions but listen to them for a short time then calmly return to your centering point.
- ❖ End with a "Thank you"



*Good Readings on "Centering Prayer": *Centering Prayer and Inner Awakening* by Cynthia Bourgeault or a book by the one who really brought centering prayer into public notice: Fr. Thomas Keating *Invitation to Love: The Way of Christian Contemplation* (1992) (or any of his books...). Enjoy.



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