

# Centering Prayer

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

Contemplative Prayer a way of making one-self aware of the presence of God who is always there. It is prayer that is not the absence of thoughts but the detachment from them.

Centering Prayer is a method of prayer that is both a relationship with God and a discipline to foster that relationship.

Fr. M. Basil Pennington suggests these steps for practicing Centering Prayer:

**Step #1:** Sit comfortably with your eyes closed, relax, and quiet yourself. Be in love and faith to God.

**Step #2:** Choose a sacred word that best supports your sincere intention to be in the Lord's presence and open to His divine action within you.

**Step #3:** Let that word be gently present as your symbol of your sincere intention to be in the Lord's presence and open to His divine action within you.

**Step #4:** Whenever you become aware of anything (thoughts, feelings, perceptions, images, associations, etc.), simply return to your sacred word, your anchor.