

Centering Prayer and Inner Awakening in the tradition of Fr Thomas Keating



“I will give you a new heart, and a new spirit I will put within you. I will remove the heart of the stone... and give you a heart of flesh” (Ex 36:26)

“What are you really doing when you sit down in Centering Prayer and open yourself to God’s presence and action within you?”

You are opening to God’s presence and consenting to God’s activity. God’s activity is the work of the Spirit in your particular embodiment in the world” Thomas Keating

- *An invitation to Love* ~The primary spiritual practice is fidelity to one’s commitment to daily life
- *The Mystery of Christ* ~**Daily life** is practice number – one...The contemplative dimension of the Gospel perceives in daily life the **treasures of holiness hidden** in the most trivial and mundane events
- The Gospel calls us forth to **full responsibility for our emotional life**.
- Our **basic core of goodness** is our true Self.
- **Transforming union** develops into a permanent state through a **restructuring of consciousness**.
- Envisage the **divine energy** as infinite potentiality.
- We feel that our prayer is not just a privatized journey but is having a **significant effect in the world**.

“Within the stillness of centering prayer, the soul unfolds its wings and ascends to touch the divine realms, where the mysteries of existence dance in harmony with the rhythm of the universe.”

WHEN: **Thursday mornings** 10.00 am – 11.00 am (please refer to term schedule for starting date)

WHERE: SYCHAR (House of Prayer and Spirituality),
69 Margaret Street, Toowoomba

COST: A donation to Sychar’s ongoing mission would be appreciated.

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