



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” (Exodus 36:26)

Centering Prayer is an act of gentle consent to God who is already present. It is a prayer of stillness, of silence that does not withdraw us from the world, but grounds us more deeply within it.

In silence, we

- ♥ learn to stay and to remain with what is real.
- ♥ allow Love to meet us in vulnerability, unknowing and trust.
- ♥ inhabit our own lives with greater compassion.

As we sit, we discover that God is dwelling within breath, reshaping the heart, softening what has hardened, awakening what has grown weary. Centering Prayer forms us for faithful presence. It helps us to live with tenderness in a fragile world, to resist fear and to choose love again and again.

As Fr Thomas Keating reminds us, daily life IS the primary practice. Prayer does not remove us from responsibility, but deepens our capacity, to respond with wisdom, mercy and hope. As we consent to God’s action within, our prayer becomes a quiet offering for the healing of the world.

In Centering prayer, we learn how to stay awake to Love.

“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: Term 1 - Thursdays weekly from 12 February to 2 April 2026
10.00 am – 11.00 am

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

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

CONTACT: Moyalialia Tokmak at mtokmak@twb.catholic.org.au or 0458 223 603

Centering Prayer is the invitation to yourself to God’s presence and consent to God’s activity. God’s activity is the work of the Spirit in your particular embodiment in the world.” (Thomas Keating)

