

Centering Prayer: Awakening the Heart

Facilitated by Laura Desmairis with Sr. Pat Irr, OSF

Second Monday of the Month, 7:00-8:30pm (specific dates below)

Centering Prayer is a form of contemplation or meditation that has been practiced for centuries within the Christian tradition.

It is simply a way to learn how to experience God as a loving presence within our lives. The fruits of Centering Prayer are rich. They are expressed in our daily lives as we become more present, more flexible and forgiving with those we work and live with, and more honest and comfortable with ourselves. The Heart is Awakened to the Presence within.

\$15 per session. All are welcome to come join us each month - both beginner and experienced. Monthly themes change throughout the season:

September 10 - The Simplicity of Contemplative Prayer

In contemplation, we learn that God's presence dwells within. The initial act of entering into contemplation is being curious as to what this means, being willing to explore, to awaken to this reality. Thomas Merton says that contemplation begins when we open to the presence of God within our life.

October 8 - Experience the Presence of God

The sixteenth century mystic, St John of the Cross said that 'Silence was God's first language'. The presence of God is always a personal experience. There is one aspect that is always present - Silence. The silence of Centering Prayer is a gift. It is a pathway to awakening our heart to the divine presence within. As you enter the silence, you will discover your active mind. We will discuss ways to overcome this active mind and relax into silence.

November 12 - Let Go and Let God

The goal of Centering Prayer is to develop our ability to connect to our inner presence in intentional silence. To be successful, we have to set ego aside for a time. This is work. We will discuss the role of ego in our lives and what it means to connect to our deeper center of heart awareness. Matthew 6:6 says 'When you pray, go into your private room and when you have shut your door, pray to your Father who is in that secret place'.

December 10 - Living in the Now. Living in the Moment

There are many fruits of Centering Prayer. As we become conscience of Divine Presence, we begin to experience the world as a sacred space. Spirit is alive everywhere. We notice that we are more patient, more vulnerable, more accepting and loving. We will examine ways to open to Divine Presence in our daily life.

UPCOMING 2019 DATES

Jan 14

Feb 11

Mar 11

Apr 8

May 13



Register online at www.taucenter.org

Tau Center, 26W171 Roosevelt Road, Wheaton, IL 60187