
Mystical Hope

A Centring Prayer Group

Fundamental Disposition

The fundamental disposition in centring prayer is consenting to God. Christian practice can be summed up by the word *patience*. In the New Testament patience means waiting for God for any length of time, not going away, and not giving into boredom or discouragements. (p24)

Letting Go

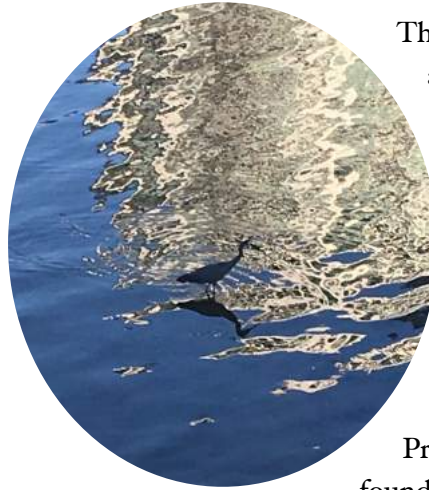
Centring prayer is not so much the absence of thoughts as detachment from them...We simply accept the fact of whatever is there and go beyond it, not by effort, but by letting go of whatever is there. (p12)

The Book

Cynthia Bourgeault.. *The Heart of Centering Prayer: Nondual Christianity ind Theory and Pracdtice*. Boulder: Shambala, 2016.

Previous Book: Cynthia Bourgeault. *Centering Prayer and Inner Awakening*.

About the Group



This group commenced in 1996 as a CLC (Christian Life Community) group meeting at Miami on the Gold Coast. As a CLC group it was called *The Loaves and Fishes*. In 2016 the group became a Centring Prayer group using the Thomas Keating method of Centring Prayer as its inspiration and foundation. This method is

found in his book *Open Mind, Open Heart* which forms the foundation of our meetings. We then became known as *Mystical Hope*. In 2024 while still using Thomas Keating's method, we will base our reflective time on Cynthia Bourgeault's book *The Heart of Centering Prayer*.

Centring prayer puts into effect the first two recommendations of Jesus' formula in Matt 6:6 by leaving behind external concerns and by discontinuing, at least in intention, the interior dialogue that usually accompanies ordinary psychological awareness. (Keating *Open Mind, Open Heart* p 6)

Centring prayer elicits a commitment to the goal of inner transformation. It suggests a practical method of entering our 'inner room' by deliberately letting go of external concerns symbolised by closing our eyes and consenting to the presence and action of God within.... The only initiative we take during the period of centring prayer is to maintain our intention of consenting to the presence and action of God within. (Keating, p 7)





Group Facilitator

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Venue

ZOOM

Dates & Time

1st and 3rd Saturday of every
month unless otherwise notified.

Time:
9.00 - 12 pm

The Guidelines

1. Choose a sacred word as the symbol of your intention to consent to God's presence and action within.
2. Sitting comfortably and with eyes closed, settle briefly and silently introduce the sacred word as the symbol of your consent to God's presence and action within.
3. When engaged with your thoughts*, return ever-so-gently to the sacred word.
4. At the end of the prayer period, remain in silence with eyes closed for a couple of minutes.

*thoughts include body sensations, feelings, images, and reflections

Be Still and Know the I am God



Centring Prayer Quotes

"RESIST no thought; RETAIN no thought; REACT to no thought; RETURN to the sacred word."

Cynthia Bourgeault, Centering Prayer and Inner Awakening

"Centring Prayer is an opening, a response, a putting aside of all the debris that stands in the way of our being totally present to the present Lord, so that He can be present to us. It is a laying aside of thoughts, so that the heart can attend immediately to Him. All prayer is a response. The Lord first knocks, beckons, calls to us."

M. Basil Pennington, Centering Prayer: Renewing an Ancient Christian Prayer Form

"Learn to listen to subtle cues from your spirit instead of the barrage coming from your brain."

David Brazzeal, Pray Like a Gourmet: Creative Ways to Feed Your Soul