


Labyrinth Prayer & Centering Prayer

MIT Elective on Centering Prayer

Yangon, Myanmar February 9, 2012

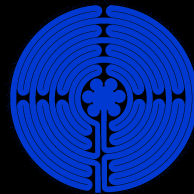
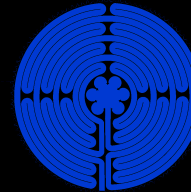
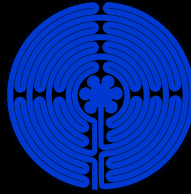


Presented by ©The Rev. Jill K H Geoffrion, Ph.D.
www.jillgeoffrion.com jillgeoffrion.wordpress.com

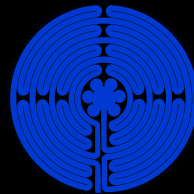
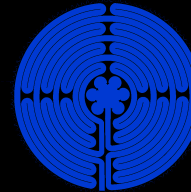
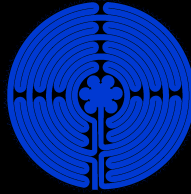


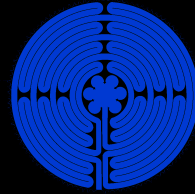
Labyrinth
Prayer
&
Centering
Prayer

**Catholic
prayer practices
with both
ancient and
modern roots.**



**We seek God.
(We are not
seeking peace;
it is a often a
gift of God we
receive while
praying.)**

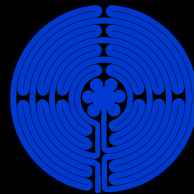
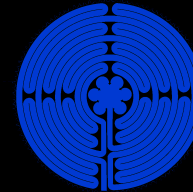




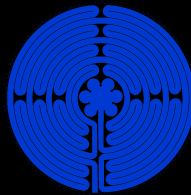
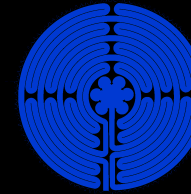
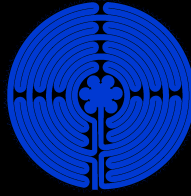
Contemplative prayer

"...prayer in which we
experience God's presence
within us... This method of
prayer is both a relationship
with God and a discipline to
foster that relationship."

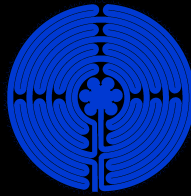
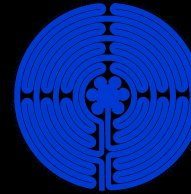
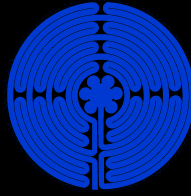
Father Thomas Keating



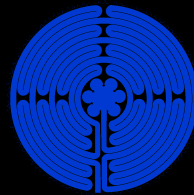
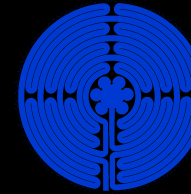
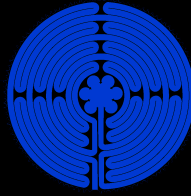
**Strong emphasis
on
inner silence**



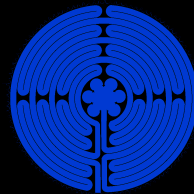
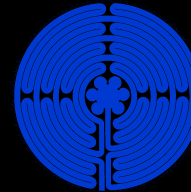
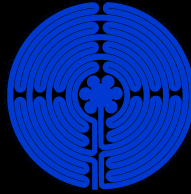
**Bringing
our whole
selves,
body,
mind,
and spirit
to God.**

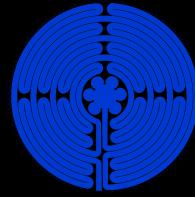


**Letting go
of whatever
we are
attached to.**



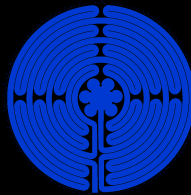
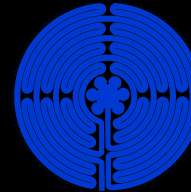
**Journeying
with God.
Journeying
deeper
into
Christ's presence.**



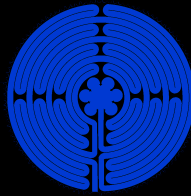
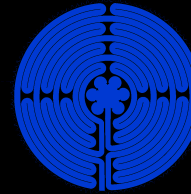
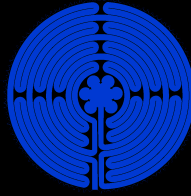


**Cultivating
acceptance of
self.**

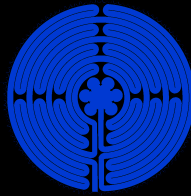
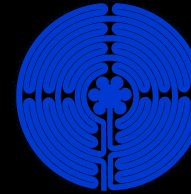
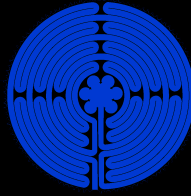
**Both encourage
compassion
and love.**



**Resting
in
God.**



**Experience
of
"home"**





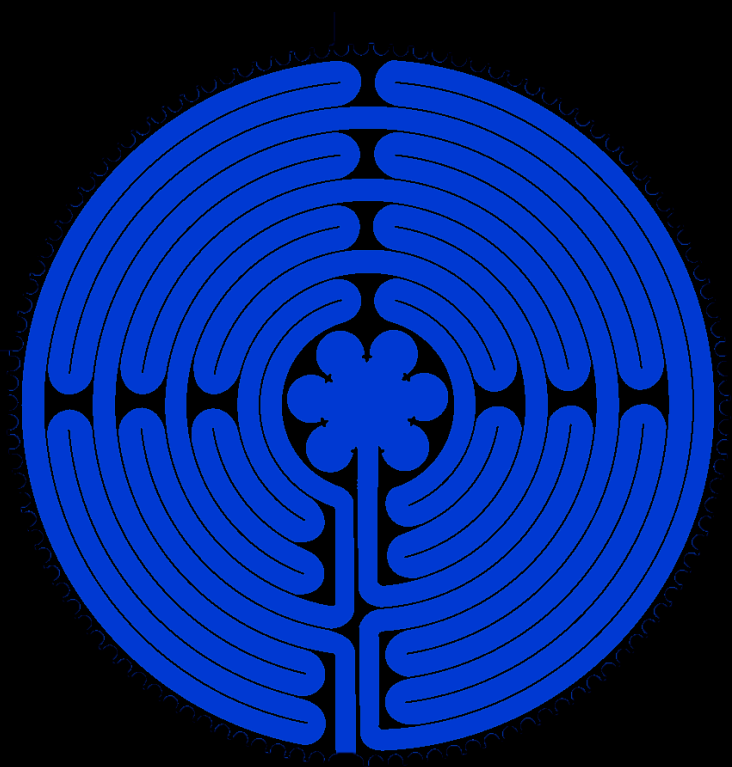
Distinctions:
Labyrinth
Prayer
&
Centering
Prayer

**Christian
Sitting
Meditation**



Centering Prayer

**Christian
Walking
Meditation**

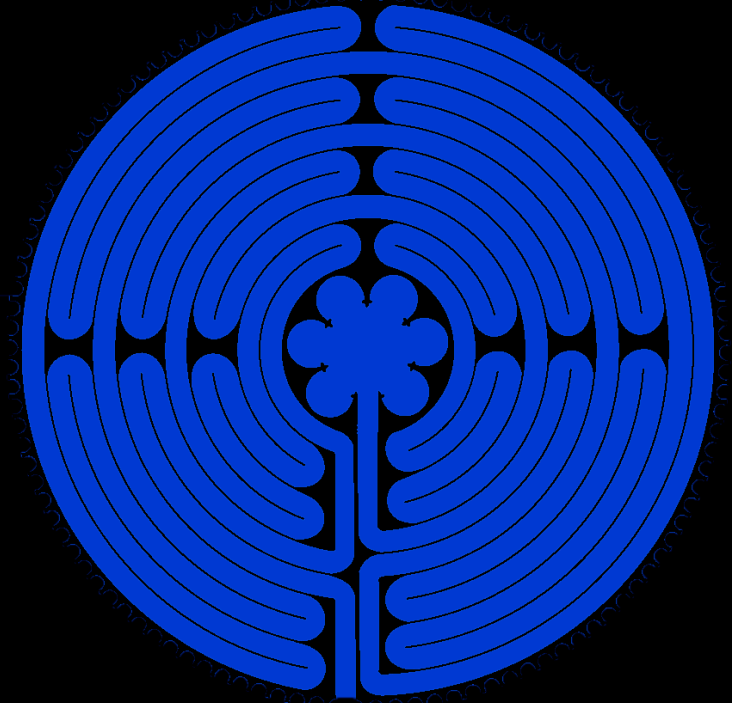


Labyrinth Prayer

**Eyes closed:
center
through
darkness**



**Eyes open:
center
through
what is
experienced,
including
what is seen**

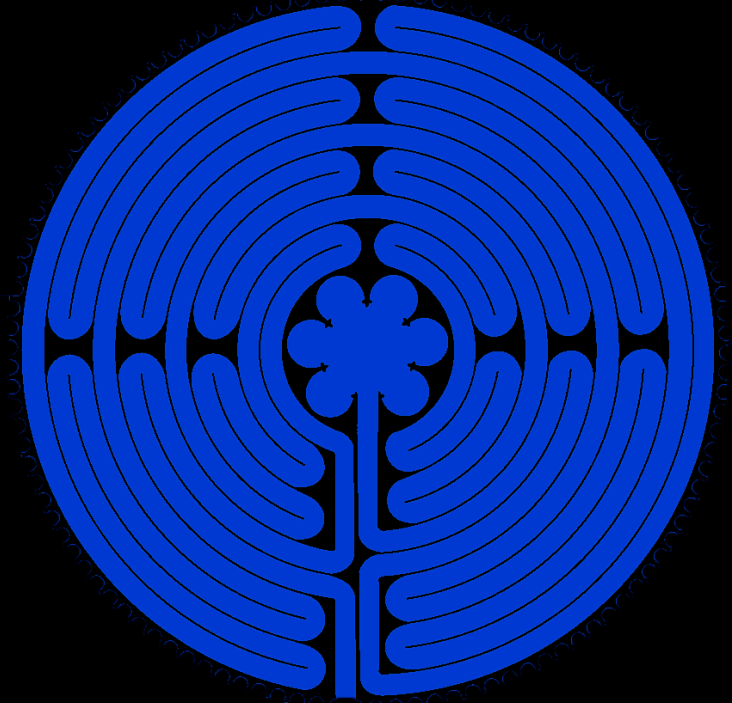


**Rejects
thoughts,
feelings,
perceptions,
memories &
images**



apophatic prayer

**Experience is
a mirror;
welcomes
everything
that comes**

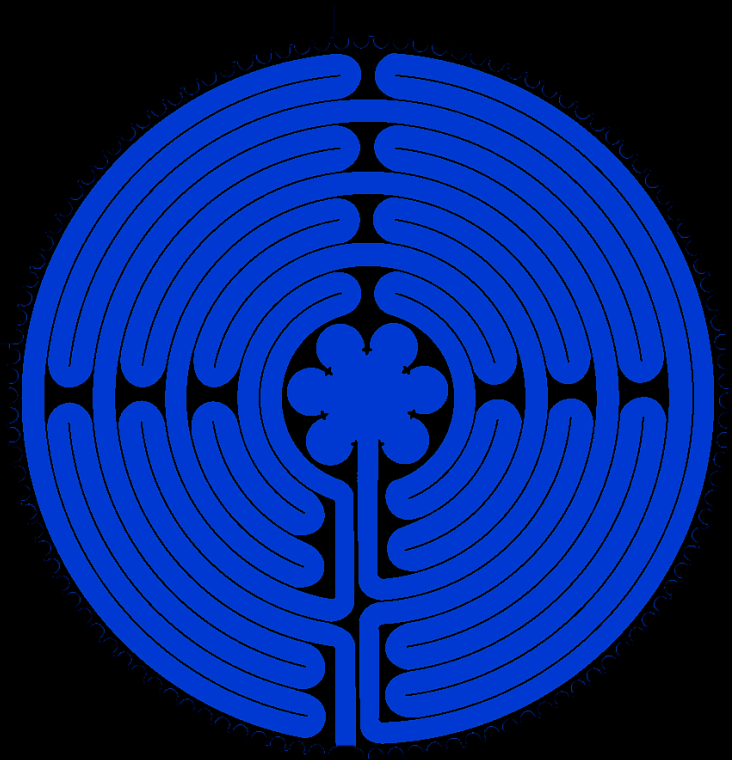


kataphatic prayer

**Uses one
“anchor”:
prayer word
that is
unspoken.**



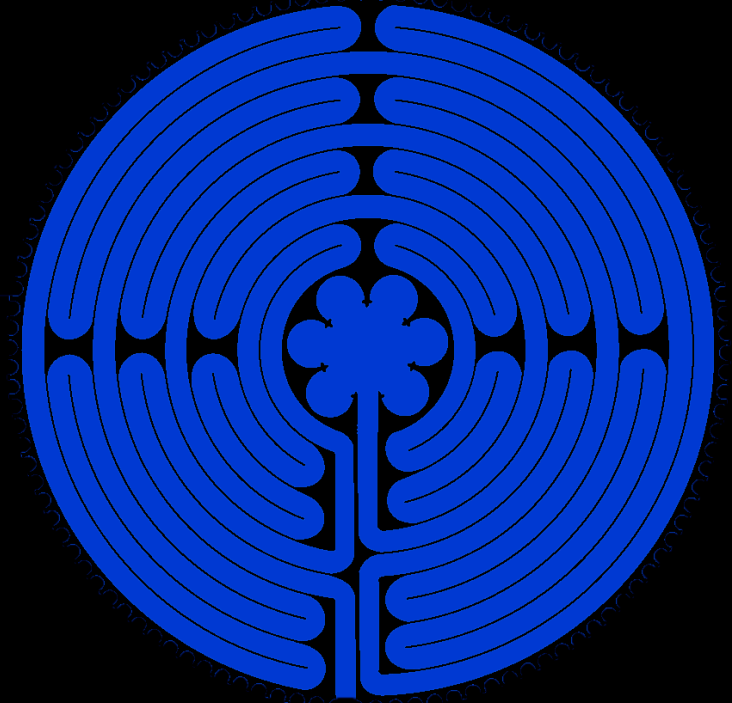
**May or may not
use one or many
words. May be
silent or spoken
outloud.**



**Effects
experienced
in daily life,
not during
the prayer**



**Effects
experienced
either
immediately
(shifts) or later.**



A photograph of the interior of a large, ancient cathedral. The space is filled with tall, dark stone columns and arches. In the center of the floor, a large, circular labyrinth is drawn in a light-colored material. A person stands in the middle of the labyrinth, arms outstretched. The lighting is dramatic, with the floor and columns illuminated against a dark background.

ministry website www.fhlglobal.org

labyrinth resources by jill www.jillgeoffrion.com

journey blog by jill jillgeoffrion.wordpress.com

Jill's email: jill.geoffrion@fhlglobal.org