

THE TRUTH OF PRAYER



Come Holy Spirit...
Come

The aim is that all the forces, which are within ourselves, turn toward a center and again form a whole....the aim of this reuniting is the power *to be*.
Opening to Presence; Jeanne De Salzman; Reality of Being

SPIRIT
Reconciling Force



ACTIVE
Wish: To BE;
*To bear witness in our
own special way to
Divine Being*

PASSIVE
*Consent to God's
Presence and action and love*

All the possibilities are in me, but I can pass my life without any real change. The highest energy, which gives birth to all others, is in me. It is part of me. The question is not to make it appear but to allow it to appear, to **submit to its action**. The more I try, the more the way is restricted...nothing gets through. I must learn to submit voluntarily to its influence. The active force and the passive force are always present in us. But two forces alone are not enough. They are not related. A third, reconciling force needs to appear, a certain feeling that allows a relation and thus transforms everything.

Jeanne De Salzmann, *The Reality of Being*, P 70-71

Each day I have to give as much time as it takes--sometimes more , sometimes less--to come to a clear perception of an inner Presence, a life in me that is much higher than my body. I need to know this Presence as something really existing, not merely a possibility that I sometimes touch. **I can come to it isf I am actively passive, quiet enough for an energy of another quality to appear, to be contained in me.** This is a **state of deep letting go** where the functions are maintained in passivity. I let my functions come into my Presence. I do not go into them, they come into me. **Only the attention is active, an attention coming from all the centers.** I need to find this Presence again and again until I know it as a reality that I cannot doubt....This certain reality will become the foundation on which I can base my work.

Jeanne De Salzman, The Reality of Being, P 82

THE WELCOMING PRAYER

RECONCILING FORCE

*I let go of my desire for security, affection,
control and trust this moment in God just as it is*



ACTIVE

Wish: To BE;

*Focus, Feel, Sink into a
sensation...in the body*

PASSIVE

*Welcome God's Presence
and action and love into this
moment...this sensation*

IGNITE WITHIN OUR HEARTS THE LIVING FLAME OF YOUR LOVE

TOTAL RECEPTIVITY



CONSENT

SURRENDER

Little by little we enter into prayer without any other intention except to consent. Consent becomes surrender. And surrender becomes total receptivity, as this process evolves. And total receptivity is effortless. It has nothing to do with attaining something or getting anything, or the desire for enlightenment, peace, or spiritual experience....The discipline of Centering Prayer gradually adapts us to this mystery of the Ultimate Reality by enabling us to change and to let go of everything that prevents us from doing so....It is not a question of doing something but of being with God.

Thomas Keating, Heartfulness, P 64-65