



4: Contemplative Prayer

practice: Fr. Thomas Keating

1. Choose a simple, sacred word
2. Sitting comfortably and with eyes closed, settle briefly and silently introduce the sacred word
3. When you become aware of 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

resources

The Cloud of Unknowing, author unknown

Intimacy with God, Fr. Thomas Keating

Contemplative Prayer, Thomas Merton

contemplativeoutreach.org