

Wise Living Course 3

The Centering Prayer Experience

*“Remember, I am
with you always,
even until the end
of time.”*

Matt 28:20



THE **DEEPER**
CONNECTION
WITH MARIA GULLO

THE CENTERING PRAYER EXPERIENCE

TRANSFORMATION JOURNAL

Wise Living Course 3

Welcome To This New Adventure!

The one you and God are creating together. A wonderful life awaits. It is time for you to let go of your preconceived beliefs of who you are and who God is and simply let you be you and let God be God. It is time to walk through the Refiner's fire of transformation and trust that you will come through it like precious gold.

This might seem like any other prayer journal but you will soon notice it is different. It is to be your way in giving voice to what may prove to be a most life changing experience. It is up to you. Are you willing to walk the next 6 weeks with Christ, in Christ and through Christ? Are you willing to stay with God through this experience, regardless of the feelings or circumstances that may arise? I hear your 'yes'. I know you are ready because you are here. God never invites us only to say, "Oh, not now, maybe later. I was just kidding." God never teaches us how to swim to let us drown or allow us to walk through the Refiner's fire only to get burned and tossed aside.

You've been trying so hard to transform your own life, yet you find yourself dealing with the same personal habits, addictions, negative self-talk and unconscious beliefs that sabotage your deepest desires and undermine your truest self. And there you remain wallowing through the mud or stuck in the dry earth of your false self. Consider this process of transformation like the process of refining gold as is so often times referred to in scripture. (1 Peter 1: 3-7)

Just as the Refiner finds the gold buried in the dirt, so God finds us in the rubble, stuck in the mud where we lie buried in the wounds of the past and burdened with fear of the future. But God doesn't leave us there. Rather He gently lifts us up, brushes off the dust of past hurts and failures, cleanses us with the Living Water, washing away the debris preparing us for the Refiner's Holy Fire. It takes the most highly skilled Craftsman to patiently hold the gold in the fire in the most perfect way causing the impurities to melt off, never to corrupt the gold again. So it is with your life in prayer. As you enter this wonderful adventure consider this, that God has found you and lifted you out of the old wounds, washed you with the living water of the Spirit, baptized you into the faith and now gently holds you in the fire within the holy cauldron that is your life. Centering Prayer turns up the heat. The result is left in the Hands of the Master Refiner.

How To Use This Journal

Our intention is to do Centering Prayer twice a day during this program and beyond. Just as in 12 Step Recovery one is never sober or clean for the rest of their lives, but for one day at a time. Let us adopt this mindset, one moment, one hour, one day at a time.

Each day you'll have a short scripture to help you become present to the Presence of God. Read each word of the verse slowly, pausing over a word that stirs your heart. Close your eyes and breathe it in. Repeat this process two or three times before you begin your time of Centering Prayer. You can then use your Insight Timer for 20 minutes (or more!).

As part of this experience you received the digital album, It Is Time. Whether you have an ongoing discipline of Centering Prayer or are just beginning, listen to track two and three as you embark on this journey. Several times throughout the 6 weeks might be helpful. You can use this resource to accompany you daily with your prayer. (Specifically tracks 4 through 8 or 5 through 7 or 8).

We recognize that we can never be engaged by God in prayer without something changing. Where there is God, there is healing and transformation. As you deepen your relationship with God through Centering Prayer, much is happening in the deep recesses of your being. To understand the process on some level is always helpful, therefore in addition to the two Centering Prayer sessions a day, reading one page of the book *The Human Condition* by Father Thomas Keating is also recommended. It's a short book that can be read in one sitting, and it's perfectly ok if you'd like to do that to get a good 'lay of the land'. However, I'm recommending you only need to read one page at a time per day.

There will be some writing prompts to help you navigate this renewing, life-giving Centering Prayer Experience. Each day I recommend reading the scripture verse before your Centering Prayer time and the single page of *The Human Condition* afterward.

DAY 1

Date: _____ **Time:** _____ **Today's Word:** _____

I bring all that I am into this moment. I turn my mind and heart toward God. I feel the inhale and exhale of my breath, my heart beating, my body settling, resting yet attentively in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention to be present to God's Holy Presence and I turn inward to the sacred place of Stillness deep within.

Read: Matthew 6:6

Response: _____

Centering Prayer: (20 minutes or more) Suggestion is to listen to track 4 and 5 of It Is Time or Insight Timer.

Read: The Human Condition page 7

Reflection: "Where are you? Why are you hiding?"

Response: _____

"Let it be so. Let it be now. Let it be. Amen."

DAY 2

Date: _____ **Time:** _____ **Today's Word:** _____

I bring all that I am into this moment. I turn my mind and heart toward God. I feel the inhale and exhale of my breath, my heart beating, my body settling, resting yet attentively in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention to be present to God's Holy Presence and I turn inward to the sacred place of Stillness deep within.

Read: Habakkuk 2:30

Response: _____

Centering Prayer: (20 minutes or more) Suggestion is to listen to track 4 and 5 of It Is Time or Insight Timer.

Read: The Human Condition page 8

Reflection: When do you notice yourself hiding?

Response: _____

“Let it be so. Let it be now. Let it be. Amen.”

DAY 3

Date: _____ Time: _____ Today's Word: _____

I bring all that I am into this moment. I turn my mind and heart toward God. I feel the inhale and exhale of my breath, my heart beating, my body settling, resting yet attentively in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention to be present to God's Holy Presence and I turn inward to the sacred place of Stillness deep within.

Read: Psalm 46:10

Response: _____

Centering Prayer: (20 minutes or more) Suggestion is to listen to track 4 and 5 of It Is Time or Insight Timer.

Read: The Human Condition page 9

Reflection: "I would be happy, if only...?"

Response: _____

"Let it be so. Let it be now. Let it be. Amen."

DAY 4

Date: _____ **Time:** _____ **Today's Word:** _____

I bring all that I am into this moment. I turn my mind and heart toward God. I feel the inhale and exhale of my breath, my heart beating, my body settling, resting yet attentively in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention to be present to God's Holy Presence and I turn inward to the sacred place of Stillness deep within.

Read: Psalm 131: 1-2

Response: _____

Centering Prayer: (20 minutes or more) Suggestion is to listen to track 4 and 5 of It Is Time or Insight Timer.

Read: The Human Condition page 10

Reflection: Where are you looking for happiness?

Response: _____

"Let it be so. Let it be now. Let it be. Amen."

DAY 5

Date: _____ **Time:** _____ **Today's Word:** _____

I bring all that I am into this moment. I turn my mind and heart toward God. I feel the inhale and exhale of my breath, my heart beating, my body settling, resting yet attentively in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention to be present to God's Holy Presence and I turn inward to the sacred place of Stillness deep within.

Read: Luke 10: 41-42

Response: _____

Centering Prayer: (20 minutes or more) Suggestion is to listen to track 4 and 5 of It Is Time or Insight Timer.

Read: The Human Condition page 11

Reflection: What do you notice causes you to turn away from God?

Response: _____

"Let it be so. Let it be now. Let it be. Amen."

DAY 6

Date: _____ **Time:** _____ **Today's Word:** _____

I bring all that I am into this moment. I turn my mind and heart toward God. I feel the inhale and exhale of my breath, my heart beating, my body settling, resting yet attentively in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention to be present to God's Holy Presence and I turn inward to the sacred place of Stillness deep within.

Read: Mark 4: 39

Response: _____

Centering Prayer: (20 minutes or more) Suggestion is to listen to track 4 and 5 of It Is Time or Insight Timer.

Read: The Human Condition page 12

Reflection: What does codependency mean to you?

Response: _____

“Let it be so. Let it be now. Let it be. Amen.”

DAY 7

Date: _____ **Time:** _____ **Today's Word:** _____

I bring all that I am into this moment. I turn my mind and heart toward God. I feel the inhale and exhale of my breath, my heart beating, my body settling, resting yet attentively in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention to be present to God's Holy Presence and I turn inward to the sacred place of Stillness deep within.

Read: Psalm 130: 5

Response: _____

Centering Prayer: (20 minutes or more) Suggestion is to listen to track 4 and 5 of It Is Time or Insight Timer.

Read: The Human Condition page 13

Reflection: What does codependency look like in your life?

Response: _____

"Let it be so. Let it be now. Let it be. Amen."

DAY 8

Date: _____ **Time:** _____ **Today's Word:** _____

I bring all that I am into this moment. I turn my mind and heart toward God. I feel the inhale and exhale of my breath, my heart beating, my body settling, resting yet attentively in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention to be present to God's Holy Presence and I turn inward to the sacred place of Stillness deep within.

Read: Lamentations 3: 25-26

Response: _____

Centering Prayer: (20 minutes or more) Suggestion is to listen to track 4 and 5 of It Is Time or Insight Timer.

Read: The Human Condition page 14

Reflection: What is your body holding on to?

Response: _____

“Let it be so. Let it be now. Let it be. Amen.”

DAY 9

Date: _____ **Time:** _____ **Today's Word:** _____

I bring all that I am into this moment. I turn my mind and heart toward God. I feel the inhale and exhale of my breath, my heart beating, my body settling, resting yet attentively in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention to be present to God's Holy Presence and I turn inward to the sacred place of Stillness deep within.

Read: Isaiah 30: 18

Response: _____

Centering Prayer: (20 minutes or more) Suggestion is to listen to track 4 and 5 of It Is Time or Insight Timer.

Read: The Human Condition page 15

Reflection: What particular emotional program (security/belonging, affection/esteem, power/control) seems to motivate your homemade self? Hint: If you're human they're all in operation at sometime.

Response: _____

“Let it be so. Let it be now. Let it be. Amen.”

DAY 10

Date: _____ **Time:** _____ **Today's Word:** _____

I bring all that I am into this moment. I turn my mind and heart toward God. I feel the inhale and exhale of my breath, my heart beating, my body settling, resting yet attentively in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention to be present to God's Holy Presence and I turn inward to the sacred place of Stillness deep within.

Read: Psalm 37: 34

Response: _____

Centering Prayer: (20 minutes or more) Suggestion is to listen to track 4 and 5 of It Is Time or Insight Timer.

Read: The Human Condition page 16

Reflection: On any given day, what might annoy you or make you angry?

Response: _____

“Let it be so. Let it be now. Let it be. Amen.”

DAY 11

Date: _____ **Time:** _____ **Today's Word:** _____

I bring all that I am into this moment. I turn my mind and heart toward God. I feel the inhale and exhale of my breath, my heart beating, my body settling, resting yet attentively in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention to be present to God's Holy Presence and I turn inward to the sacred place of Stillness deep within.

Read: Isaiah 40: 30-31

Response: _____

Centering Prayer: (20 minutes or more) Suggestion is to listen to track 4 and 5 of It Is Time or Insight Timer.

Read: The Human Condition page 17

Reflection: What does Jesus' invitation to repent mean to you?

Response: _____

"Let it be so. Let it be now. Let it be. Amen."

DAY 12

Date: _____ **Time:** _____ **Today's Word:** _____

I bring all that I am into this moment. I turn my mind and heart toward God. I feel the inhale and exhale of my breath, my heart beating, my body settling, resting yet attentively in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention to be present to God's Holy Presence and I turn inward to the sacred place of Stillness deep within.

Read: Micah 7:7

Response: _____

Centering Prayer: (20 minutes or more) Suggestion is to listen to track 4 and 5 of It Is Time or Insight Timer.

Read: The Human Condition page 12

Reflection: What does converted to a new way of life, mean to you?

Response: _____

“Let it be so. Let it be now. Let it be. Amen.”

DAY 13

Date: _____ **Time:** _____ **Today's Word:** _____

I bring all that I am into this moment. I turn my mind and heart toward God. I feel the inhale and exhale of my breath, my heart beating, my body settling, resting yet attentively in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention to be present to God's Holy Presence and I turn inward to the sacred place of Stillness deep within.

Read: Psalm 130:7

Response: _____

Centering Prayer: (20 minutes or more) Suggestion is to listen to track 4 and 5 of It Is Time or Insight Timer.

Read: The Human Condition page 7

Reflection: What does it mean to you to being willing to open to God?

Response: _____

“Let it be so. Let it be now. Let it be. Amen.”

DAY 14

Date: _____ **Time:** _____ **Today's Word:** _____

I bring all that I am into this moment. I turn my mind and heart toward God. I feel the inhale and exhale of my breath, my heart beating, my body settling, resting yet attentively in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention to be present to God's Holy Presence and I turn inward to the sacred place of Stillness deep within.

Read: Psalm 107: 29

Response: _____

Centering Prayer: (20 minutes or more) Suggestion is to listen to track 4 and 5 of It Is Time or Insight Timer.

Read: The Human Condition page 14

Reflection: What talents and gifts do you notice God has given to you?

Response: _____

“Let it be so. Let it be now. Let it be. Amen.”

DAY 15

Date: _____ Time: _____ Today's Word: _____

I bring all that I am into this moment. I turn my mind and heart toward God. I feel the inhale and exhale of my breath, my heart beating, my body settling, resting yet attentively in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention to be present to God's Holy Presence and I turn inward to the sacred place of Stillness deep within.

Read: Isaiah 30:15

Response: _____

Centering Prayer: (20 minutes or more) Suggestion is to listen to track 4 and 5 of It Is Time or Insight Timer.

Read: The Human Condition page 21

Reflection: What is the gift within failure? What have you considered to be a failure in your life, up until this point?

Response: _____

“Let it be so. Let it be now. Let it be. Amen.”

DAY 16

Date: _____ **Time:** _____ **Today's Word:** _____

I bring all that I am into this moment. I turn my mind and heart toward God. I feel the inhale and exhale of my breath, my heart beating, my body settling, resting yet attentively in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention to be present to God's Holy Presence and I turn inward to the sacred place of Stillness deep within.

Read: Psalm 40: 1

Response: _____

Centering Prayer: (20 minutes or more) Suggestion is to listen to track 4 and 5 of It Is Time or Insight Timer.

Read: The Human Condition page 22

Reflection: How is the Holy Spirit touching your soul right now?

Response: _____

“Let it be so. Let it be now. Let it be. Amen.”

DAY 17

Date: _____ **Time:** _____ **Today's Word:** _____

I bring all that I am into this moment. I turn my mind and heart toward God. I feel the inhale and exhale of my breath, my heart beating, my body settling, resting yet attentively in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention to be present to God's Holy Presence and I turn inward to the sacred place of Stillness deep within.

Read: Philippians: 4: 13

Response: _____

Centering Prayer: (20 minutes or more) Suggestion is to listen to track 4 and 5 of It Is Time or Insight Timer.

Read: The Human Condition page 23

Reflection: What is God revealing to you about your homemade self?

Response: _____

“Let it be so. Let it be now. Let it be. Amen.”

DAY 18

Date: _____ **Time:** _____ **Today's Word:** _____

I bring all that I am into this moment. I turn my mind and heart toward God. I feel the inhale and exhale of my breath, my heart beating, my body settling, resting yet attentively in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention to be present to God's Holy Presence and I turn inward to the sacred place of Stillness deep within.

Read: Philippians 4: 6-7

Response: _____

Centering Prayer: (20 minutes or more) Suggestion is to listen to track 4 and 5 of It Is Time or Insight Timer.

Read: The Human Condition page 24

Reflection: What Truth is God inviting you into?

Response: _____

“Let it be so. Let it be now. Let it be. Amen.”

DAY 19

Date: _____ **Time:** _____ **Today's Word:** _____

I bring all that I am into this moment. I turn my mind and heart toward God. I feel the inhale and exhale of my breath, my heart beating, my body settling, resting yet attentively in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention to be present to God's Holy Presence and I turn inward to the sacred place of Stillness deep within.

Read: Matt 11: 28-30

Response: _____

Centering Prayer: (20 minutes or more) Suggestion is to listen to track 4 and 5 of It Is Time or Insight Timer.

Read: The Human Condition page 25

Reflection: What feeling and/or memory is rising to the surface for you? Allow yourself to simply notice it, feel it, breathe with it and watch it disintegrate.

Response: _____

“Let it be so. Let it be now. Let it be. Amen.”

DAY 20

Date: _____ **Time:** _____ **Today's Word:** _____

I bring all that I am into this moment. I turn my mind and heart toward God. I feel the inhale and exhale of my breath, my heart beating, my body settling, resting yet attentively in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention to be present to God's Holy Presence and I turn inward to the sacred place of Stillness deep within.

Read: Psalm 62: 1

Response: _____

Centering Prayer: (20 minutes or more) Suggestion is to listen to track 4 and 5 of It Is Time or Insight Timer.

Read: The Human Condition page 26

Reflection: How are you becoming aware of God's Presence within you?

Response: _____

"Let it be so. Let it be now. Let it be. Amen."

DAY 21

Date: _____ **Time:** _____ **Today's Word:** _____

I bring all that I am into this moment. I turn my mind and heart toward God. I feel the inhale and exhale of my breath, my heart beating, my body settling, resting yet attentively in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention to be present to God's Holy Presence and I turn inward to the sacred place of Stillness deep within.

Read: Ephesians 4: 22-24

Response: _____

Centering Prayer: (20 minutes or more) Suggestion is to listen to track 4 and 5 of It Is Time or Insight Timer.

Read: The Human Condition page 27

Reflection: What in your life is a reminder of God's Presence?

Response: _____

"Let it be so. Let it be now. Let it be. Amen."

DAY 22

Date: _____ **Time:** _____ **Today's Word:** _____

I bring all that I am into this moment. I turn my mind and heart toward God. I feel the inhale and exhale of my breath, my heart beating, my body settling, resting yet attentively in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention to be present to God's Holy Presence and I turn inward to the sacred place of Stillness deep within.

Read: Romans 12:2

Response: _____

Centering Prayer: (20 minutes or more) Suggestion is to listen to track 4 and 5 of It Is Time or Insight Timer.

Read: The Human Condition page 28

Reflection: What is the Gospel of Christ inviting you into?

Response: _____

"Let it be so. Let it be now. Let it be. Amen."

DAY 23

Date: _____ **Time:** _____ **Today's Word:** _____

I bring all that I am into this moment. I turn my mind and heart toward God. I feel the inhale and exhale of my breath, my heart beating, my body settling, resting yet attentively in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention to be present to God's Holy Presence and I turn inward to the sacred place of Stillness deep within.

Read: Psalm 91: 1-2

Response: _____

Centering Prayer: (20 minutes or more) Suggestion is to listen to track 4 and 5 of It Is Time or Insight Timer.

Read: The Human Condition page 29

Reflection: Who are you?

Response: _____

“Let it be so. Let it be now. Let it be. Amen.”

DAY 24

Date: _____ **Time:** _____ **Today's Word:** _____

I bring all that I am into this moment. I turn my mind and heart toward God. I feel the inhale and exhale of my breath, my heart beating, my body settling, resting yet attentively in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention to be present to God's Holy Presence and I turn inward to the sacred place of Stillness deep within.

Read: Isaiah 32: 17

Response: _____

Centering Prayer: (20 minutes or more) Suggestion is to listen to track 4 and 5 of It Is Time or Insight Timer.

Read: The Human Condition page 30

Reflection: What intense inner dialogue do you notice regularly?

Response: _____

“Let it be so. Let it be now. Let it be. Amen.”

DAY 25

Date: _____ **Time:** _____ **Today's Word:** _____

I bring all that I am into this moment. I turn my mind and heart toward God. I feel the inhale and exhale of my breath, my heart beating, my body settling, resting yet attentively in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention to be present to God's Holy Presence and I turn inward to the sacred place of Stillness deep within.

Read: Psalm 131: 1-2

Response: _____

Centering Prayer: (20 minutes or more) Suggestion is to listen to track 4 and 5 of It Is Time or Insight Timer.

Read: The Human Condition page 31

Reflection: Where or when does your life feel unmanageable?

Response: _____

"Let it be so. Let it be now. Let it be. Amen."

DAY 26

Date: _____ **Time:** _____ **Today's Word:** _____

I bring all that I am into this moment. I turn my mind and heart toward God. I feel the inhale and exhale of my breath, my heart beating, my body settling, resting yet attentively in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention to be present to God's Holy Presence and I turn inward to the sacred place of Stillness deep within.

Read: Psalm 23: 1-2

Response: _____

Centering Prayer: (20 minutes or more) Suggestion is to listen to track 4 and 5 of It Is Time or Insight Timer.

Read: The Human Condition page 32

Reflection: When do you experience inner freedom?

Response: _____

“Let it be so. Let it be now. Let it be. Amen.”

DAY 27

Date: _____ **Time:** _____ **Today's Word:** _____

I bring all that I am into this moment. I turn my mind and heart toward God. I feel the inhale and exhale of my breath, my heart beating, my body settling, resting yet attentively in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention to be present to God's Holy Presence and I turn inward to the sacred place of Stillness deep within.

Read: 2 Corinthians 12: 9

Response: _____

Centering Prayer: (20 minutes or more) Suggestion is to listen to track 4 and 5 of It Is Time or Insight Timer.

Read: The Human Condition page 33

Reflection: Do you notice a need for silence and solitude? How is that effecting your life?

Response: _____

“Let it be so. Let it be now. Let it be. Amen.”

DAY 28

Date: _____ **Time:** _____ **Today's Word:** _____

I bring all that I am into this moment. I turn my mind and heart toward God. I feel the inhale and exhale of my breath, my heart beating, my body settling, resting yet attentively in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention to be present to God's Holy Presence and I turn inward to the sacred place of Stillness deep within.

Read: Exodus 35: 2

Response: _____

Centering Prayer: (20 minutes or more) Suggestion is to listen to track 4 and 5 of It Is Time or Insight Timer.

Read: The Human Condition page 34

Reflection: What emotional weeds have you noticed being pulled out through Centering Prayer?

Response: _____

“Let it be so. Let it be now. Let it be. Amen.”

DAY 29

Date: _____ **Time:** _____ **Today's Word:** _____

I bring all that I am into this moment. I turn my mind and heart toward God. I feel the inhale and exhale of my breath, my heart beating, my body settling, resting yet attentively in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention to be present to God's Holy Presence and I turn inward to the sacred place of Stillness deep within.

Read: Luke 6: 12

Response: _____

Centering Prayer: (20 minutes or more) Suggestion is to listen to track 4 and 5 of It Is Time or Insight Timer.

Read: The Human Condition page 35

Reflection: What is God inviting you to let go of?

Response: _____

"Let it be so. Let it be now. Let it be. Amen."

DAY 30

Date: _____ **Time:** _____ **Today's Word:** _____

I bring all that I am into this moment. I turn my mind and heart toward God. I feel the inhale and exhale of my breath, my heart beating, my body settling, resting yet attentively in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention to be present to God's Holy Presence and I turn inward to the sacred place of Stillness deep within.

Read: Psalm 73: 26

Response: _____

Centering Prayer: (20 minutes or more) Suggestion is to listen to track 4 and 5 of It Is Time or Insight Timer.

Read: The Human Condition page 36

Reflection: How does your consent to God in Centering Prayer impact your loved ones and the world around you?

Response: _____

“Let it be so. Let it be now. Let it be. Amen.”

DAY 31

Date: _____ **Time:** _____ **Today's Word:** _____

I bring all that I am into this moment. I turn my mind and heart toward God. I feel the inhale and exhale of my breath, my heart beating, my body settling, resting yet attentively in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention to be present to God's Holy Presence and I turn inward to the sacred place of Stillness deep within.

Read: Psalm 37: 7

Response: _____

Centering Prayer: (20 minutes or more) Suggestion is to listen to track 4 and 5 of It Is Time or Insight Timer.

Read: The Human Condition page 37

Reflection: I once thought _____ now I think _____

Response: _____

"Let it be so. Let it be now. Let it be. Amen."

DAY 32

Date: _____ **Time:** _____ **Today's Word:** _____

I bring all that I am into this moment. I turn my mind and heart toward God. I feel the inhale and exhale of my breath, my heart beating, my body settling, resting yet attentively in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention to be present to God's Holy Presence and I turn inward to the sacred place of Stillness deep within.

Read: Psalm 34: 8

Response: _____

Centering Prayer: (20 minutes or more) Suggestion is to listen to track 4 and 5 of It Is Time or Insight Timer.

Read: The Human Condition page 38

Reflection: Where in your life, is God inviting you to join Him?

Response: _____

“Let it be so. Let it be now. Let it be. Amen.”

DAY 33

Date: _____ **Time:** _____ **Today's Word:** _____

I bring all that I am into this moment. I turn my mind and heart toward God. I feel the inhale and exhale of my breath, my heart beating, my body settling, resting yet attentively in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention to be present to God's Holy Presence and I turn inward to the sacred place of Stillness deep within.

Read: 2 Corinthians 5: 17

Response: _____

Centering Prayer: (20 minutes or more) Suggestion is to listen to track 4 and 5 of It Is Time or Insight Timer.

Read: The Human Condition page 39

Reflection: What have you discovered from the archeological dig the Holy Spirit is doing within you?

Response: _____

“Let it be so. Let it be now. Let it be. Amen.”

DAY 34

Date: _____ **Time:** _____ **Today's Word:** _____

I bring all that I am into this moment. I turn my mind and heart toward God. I feel the inhale and exhale of my breath, my heart beating, my body settling, resting yet attentively in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention to be present to God's Holy Presence and I turn inward to the sacred place of Stillness deep within.

Read: Proverbs 4: 23

Response: _____

Centering Prayer: (20 minutes or more) Suggestion is to listen to track 4 and 5 of It Is Time or Insight Timer.

Read: The Human Condition page 40

Reflection: What storm in your life do you realize that Christ was, or continues to be, present with you, in it and through it?

Response: _____

“Let it be so. Let it be now. Let it be. Amen.”

DAY 35

Date: _____ **Time:** _____ **Today's Word:** _____

I bring all that I am into this moment. I turn my mind and heart toward God. I feel the inhale and exhale of my breath, my heart beating, my body settling, resting yet attentively in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention to be present to God's Holy Presence and I turn inward to the sacred place of Stillness deep within.

Read: Psalm 51: 10

Response: _____

Centering Prayer: (20 minutes or more) Suggestion is to listen to track 4 and 5 of It Is Time or Insight Timer.

Read: The Human Condition page 41

Reflection: When have you felt like God was absent in your life?

Response: _____

“Let it be so. Let it be now. Let it be. Amen.”

DAY 36

Date: _____ **Time:** _____ **Today's Word:** _____

I bring all that I am into this moment. I turn my mind and heart toward God. I feel the inhale and exhale of my breath, my heart beating, my body settling, resting yet attentively in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention to be present to God's Holy Presence and I turn inward to the sacred place of Stillness deep within.

Read: Mark 6: 31-32

Response: _____

Centering Prayer: (20 minutes or more) Suggestion is to listen to track 4 and 5 of It Is Time or Insight Timer.

Read: The Human Condition page 42

Reflection: What do you often hear yourself telling you about yourself? What is God telling you?

Response: _____

“Let it be so. Let it be now. Let it be. Amen.”

DAY 37

Date: _____ **Time:** _____ **Today's Word:** _____

I bring all that I am into this moment. I turn my mind and heart toward God. I feel the inhale and exhale of my breath, my heart beating, my body settling, resting yet attentively in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention to be present to God's Holy Presence and I turn inward to the sacred place of Stillness deep within.

Read: Proverbs 3: 5-6

Response: _____

Centering Prayer: (20 minutes or more) Suggestion is to listen to track 4 and 5 of It Is Time or Insight Timer.

Read: The Human Condition page 43

Reflection: What area of your life are you sensing a deeper freedom?

Response: _____

“Let it be so. Let it be now. Let it be. Amen.”

DAY 38

Date: _____ **Time:** _____ **Today's Word:** _____

I bring all that I am into this moment. I turn my mind and heart toward God. I feel the inhale and exhale of my breath, my heart beating, my body settling, resting yet attentively in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention to be present to God's Holy Presence and I turn inward to the sacred place of Stillness deep within.

Read: Ephesians 3: 14-16

Response: _____

Centering Prayer: (20 minutes or more) Suggestion is to listen to track 4 and 5 of It Is Time or Insight Timer.

Read: The Human Condition page 8

Reflection: I once could not see _____ now I see _____

Response: _____

"Let it be so. Let it be now. Let it be. Amen."

DAY 39

Date: _____ **Time:** _____ **Today's Word:** _____

I bring all that I am into this moment. I turn my mind and heart toward God. I feel the inhale and exhale of my breath, my heart beating, my body settling, resting yet attentively in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention to be present to God's Holy Presence and I turn inward to the sacred place of Stillness deep within.

Read: Ephesians 3: 17-19

Response: _____

Centering Prayer: (20 minutes or more) Suggestion is to listen to track 4 and 5 of It Is Time or Insight Timer.

Read: The Human Condition page 45

Reflection: How are you experiencing the therapeutic touch of the Holy Spirit?

Response: _____

"Let it be so. Let it be now. Let it be. Amen."

DAY 40

Date: _____ **Time:** _____ **Today's Word:** _____

I bring all that I am into this moment. I turn my mind and heart toward God. I feel the inhale and exhale of my breath, my heart beating, my body settling, resting yet attentively in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention to be present to God's Holy Presence and I turn inward to the sacred place of Stillness deep within.

Read: Ephesians 3: 20-21

Response: _____

Centering Prayer: (20 minutes or more) Suggestion is to listen to track 4 and 5 of It Is Time or Insight Timer.

Read: Look back in the book to one sentence you highlighted.

Reflection: I once saw myself as _____ now I see myself _____

Response: _____

“Let it be so. Let it be now. Let it be. Amen.”

DAY 41

Date: _____ **Time:** _____ **Today's Word:** _____

I bring all that I am into this moment. I turn my mind and heart toward God. I feel the inhale and exhale of my breath, my heart beating, my body settling, resting yet attentively in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention to be present to God's Holy Presence and I turn inward to the sacred place of Stillness deep within.

Read: Psalm 37: 4

Response: _____

Centering Prayer: (20 minutes or more) Suggestion is to listen to track 4 and 5 of It Is Time or Insight Timer.

Read: Looking back over the book what question do you have for God?

Reflection: What question do you have for God?

Response: _____

“Let it be so. Let it be now. Let it be. Amen.”

DAY 42

Date: _____ **Time:** _____ **Today's Word:** _____

I bring all that I am into this moment. I turn my mind and heart toward God. I feel the inhale and exhale of my breath, my heart beating, my body settling, resting yet attentively in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention to be present to God's Holy Presence and I turn inward to the sacred place of Stillness deep within.

Read: John 3: 16-17

Response: _____

Centering Prayer: (20 minutes or more) Suggestion is to listen to track 4 and 5 of It Is Time or Insight Timer.

Read: Read back through your journal and highlight any words that now stand out to you.

Reflection: On Insight Timer listen to the prayer track, 'Accepting Your True Self: You Are The Beloved'

Response: _____

"Let it be so. Let it be now. Let it be. Amen."

CONCLUSION

Welcome to the next chapter of your sacred story. Who is writing your story? Actually it's being co-authored by you and the Holy One. This Centering Prayer Experience is only the tip of the iceberg, so to speak. If the truth is, that you are only conscious of about 5% of who you are and the other 95% lies within the unconscious, then you have quite an exciting journey to ahead of you. A holy journey that God will reveal to you in His perfect time and the Holy Spirit will transform in the healing Light of Christ.

Whatever momentum or rhythm you've been able to establish during this prayer experience, let us pray that the Holy Spirit continues to give you the grace and desire to continue daily Centering Prayer, Lectio Divina and personal reflection.

Now the invitation is to wake up and pay attention to this one, simple, ordinary, beautiful, sacred life you've been given. Perhaps during this experience there was a particular, word, phrase, page of the book or verse of scripture that spoke to your soul. Let it become an inner prayer mantra.

As you listen with your heart, you will hear the voiceless Voice of God saying, "This is the way, walk in it" (Is 30:21). Let it be your inner compass as you live out your 'yes' to the invitation to deepen your connection with God, your true self and others.

I am grateful we had this time to walk together with the Holy Spirit as your Guide. May we now live this awakened life together one day at a time, in peace with joy and ease. Let it be so!

Peace is with you, my soul friend.

Much Love,

Maria



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