

Teaching centering prayer -- Cloud references

1. The method of centering prayer. Chapter 3. See also Chapters 36, 37,38, 39, 4A and 49.
2. The prayer word - the last paragraph of Chapter Seven. Last three lines of Chapter 6. Chapter 38. Chapter 39.
3. No method to induce or begin contemplative prayer -- Chapter 34, Chapter 6, Chapter 48.
4. Two techniques to avoid distractions -- Chapter 32, Chapter 38.
5. Sit easily -- Chapter 44.
6. Preparation for beginners -- The Ladder of Monks, Guigo the Carthusian -- Chapter 35.
7. Fruits of contemplative prayer -- Chapter 3, Chapter 9, Chapter 12, Chapter 54, and Chapter 24, Chapter 71.
8. Apophatic and cataphatic theology -- Chapter six. Also Chapter 7 and Chapter 9. St. Denis, Chapter 70.
9. Humility, the beginning of the contemplative experience. Chapter 14. Perfect humility, Chapter 24.
10. Active people complain about contemplatives. Chapter 18.
11. Intention, a good will, is everything. Chapter 49.
12. Who is contemplative prayer for? Forward and Chapter 74 and 75.5rr.

Light will someday split you open.... ~Hafiz

July 22, 2011 by [pathwriter](#)

Light will someday split you open
Even if your life is now a cage.

Little by little, You will turn into stars.
Little by little, You will turn into
The whole sweet, amorous Universe.

Love will surely burst you wide open
Into an unfettered, booming new galaxy.

You will become so free
In a wonderful, secret
And pure Love That flows
From a conscious, One-pointed, Infinite Light.

Even then, my dear, The Beloved will have fulfilled
Just a fraction, Just a fraction!
Of a promise He wrote upon your heart.

For a divine seed, the crown of destiny,
Is hidden and sown on an ancient, fertile plain
You hold the title to.

O look again within yourself,
For I know you were once the elegant host
To all the marvels in creation.

When your soul begins
To ever bloom and laugh
And spin in Eternal Ecstasy-

O little by little, You will turn into God.