



A ROADMAP TO EXPLORING CENTERING PRAYER

You are warmly invited to explore the tools below to support and deepen your new practice of Centering Prayer. We wish you many blessings on your journey!

To access a PDF file containing the live links shown below, click here:

<https://contemplativeoutreachnova.com/roadmap>

- 1) **Download “The Method of Centering Prayer” Brochure** [here](#).
- 2) **Attend an “Introduction to Centering Prayer” Program**, which consists of two parts: an Introductory Workshop (2½ hr. on-line) and four to six Continuing Sessions (35-40min each). If you can find a local or on-line group that is offering this live, wonderful! **Otherwise, you can find some self-paced on-line options** [here](#).
- 3) **Practice two 20-30-minute periods of Centering Prayer daily**. You may find Contemplative Outreach’s “Centering Prayer” App helpful (downloadable from your app store).
- 4) **Some wonderful books to start with:** Thomas Keating *Open Mind Open Heart* by Thomas Keating, *Forty Days to a Closer Walk with God* by David Muyskens, and “*Invitation to Love*” by Thomas Keating. Many people also love Cynthia Bourgeault’s books, one basic classic being “*The Heart of Centering Prayer*”. There are many, many more!
- 5) **Join us in a weekly Centering Prayer group**. You can find ones in Northern Virginia on our [CP Groups webpage](#). All levels of prayer are welcome. You may also like the on-line “[Meditation Chapel](#)” where you will find CP groups offered via Zoom 24-hrs/day.
Additional resources:
[12-Step Outreach Centering Prayer](#)
Video Series on [Contemplative Dimension of the 12 Steps](#)
[Younger Contemplatives](#)
[Closer Than Breath](#)
- 6) **You may wish to sign up receive to “Centering Prayer One” emails**....a daily email with core introductory teachings to support your new practice. Its content repeats every 6 months; you can repeat as often as you like or move on to the “Centering Prayer Two” group when you wish. To sign up, send an email to: cpone@centeringprayer.net
- 7) **Explore Contemplative Outreach's YOUTUBE channel**.....
A treasure-trove of inspiring content awaits you! Click [here](#) to access.



8) **You may love this podcast: "Opening Minds, Opening Hearts"** Offered by Contemplative Outreach Ltd, for both the curious meditator and longtime practitioner of Centering Prayer. Click [here](#) to listen to a trailer and access the episodes.

8) **Consider committing to a "40-day Praxis".....**

This beautiful, 131-page [booklet](#) (called "*Centering Prayer, Prayer of Consent, a 40-Day Praxis*") contains 40 days of daily teachings and practices to help start (or re-start) your journey.

9) **Explore the "The Spiritual Journey" Program**

This series is the foundation of the teaching legacy of Fr. Thomas Keating. Portions of it are often offered on multi-day Intensive Retreats.

A live [online Spiritual Journey program](#) is offered annual by Contemplative Outreach of Colorado.

A self-paced version of the program is available [here](#) for free: it includes 100 session-narratives, each with art, Scripture, meditations, practice suggestions, video and audio references, and additional resources for further study. Watch [here](#) for availability of this same course offered occasionally through CONOVA.

10) **Explore some "support practices":**

These practices help translate the effects of Centering Prayer into daily life:

[Lectio Divina](#)

[Guard of the Heart](#)

[Active Prayer Practice](#)

[Forgiveness Prayer](#)

[Welcoming Prayer](#)

11) **Consider attending a Retreat**

On the [Contemplative Outreach events calendar](#) you can find many retreat listings. You can search for "Weekend" or other types of longer retreats. An "**Intensive**" retreat, often lasting 6 days, is suggested for those who have completed the Introductory Workshop and consistently practice Centering Prayer. These (mostly) silent retreats focus on deepening Centering Prayer through extended centering prayer sessions, enriching videos, and group reflections in a supportive setting. "**Post-Intensive**" Retreats are available to those who have previously attended an Intensive Retreat. In a Post-Intensive Retreat, participants enter a quieter environment with increased silence and even more time dedicated to silent prayer. This setting fosters deeper spiritual growth and allows for a more profound integration of Centering Prayer into daily life.

Often, both types of retreat (**Intensive** and **Post-Intensive**) are offered concurrently during the same retreat week, enabling individuals to choose the path most suitable for their journey

12) **Explore the Contemplative Outreach Ltd Website:**

Click [here](#) for some of the many resources to be found there.