



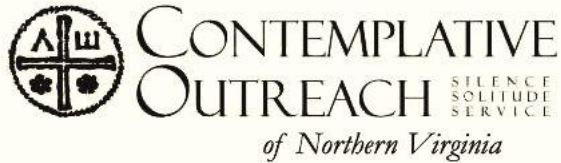
## A ROADMAP TO EXPLORING CENTERING PRAYER

*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 (1½ hr. on-line) and four to six Continuing Sessions (approx. 1 hr. ea.). 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. There are many, many more!
- 5) **Join a weekly Centering Prayer group**. You can find ones in Northern Virginia [here](#). At the bottom of that page there is a link to the on-line “Meditation Chapel” where you will find CP groups offered via Zoom at various times all day long. You will find welcome and support in any group. Additional resources:
  - Online [Meditation Chapel](#)
  - [12-Step Outreach Centering Prayer](#)
  - Video Series on [Contemplative Dimension of the 12 Steps](#)
  - [Younger Contemplatives](#)
  - [Closer Than Breath](#)
- 6) **Sign up receive to “Centering Prayer One” emails**....a daily email with 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.
- 7) **Listen to 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) **Try out a 40-day Praxis**  
"Centering Prayer, Prayer of Consent, a 40-Day Praxis" This beautiful, 131-page [booklet](#) contains 40 days of daily teachings and practices may help the start of your journey.



### 9) View "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 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.

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

### 10) Explore the Support Practices

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

[Lectio Divina](#)

[Active Prayer Practice](#)

[Welcoming Prayer](#)

[Guard of the Heart](#)

[Forgiveness Prayer](#)

### 11) Attend 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 (6+ days) is recommended for people who have completed the Introductory Workshop and who have a regular practice of Centering Prayer. "Post-Intensives" Retreats are for those people who have previously made an Intensive Retreat. The Post-Intensives offer increased silence and additional periods of Centering Prayer. Often both types are offered over the same retreat week.

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

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