

May 2008 Advanced Study Session

Group Discussion Questions

Snowmass, CO

1. How has the experience of Centering Prayer changed for you over the years? How has your Centering Prayer practice come to influence your life, and vice versa.
2. What difficulties have you encountered in and around your Centering Prayer practice and passed through? What difficulties have remained?
3. How has the sense of presence (or divine presence) changed through the years of practice of Centering Prayer? Have you come to see the relation between Centering Prayer and daily life differently through the years?
4. How do you understand the relation between Centering Prayer, prayer, and contemplation from your own experience, not just from traditional teachings? After these years of Centering Prayer, what has come to seem more important to you than it did when you began?
5. Has the teaching of St. John of the Cross on the “dark nights” of purification been reflected in your experience?
6. What seems to be missing in your spiritual practice and in your Christian life?
7. Have you observed a development in your Christian vision and consciousness that has accompanied your practice of Centering Prayer? How has your understanding of Scripture changed over the years of practice of Centering Prayer?
8. How do we live with the longing for boundless happiness (desire for transformation in Christ) and the increasing awareness of our powerlessness to attain human integration and divine union? (Cf. Paul’s thorn in the flesh – 2 Cor. 14:18-30)
9. How do we transform the parts of ourselves that are complicit in the pain in the world – such as self-righteousness, anger, judgemental-ness – in order to be effective instruments of peace?
10. What is the sacrifice of Isaac? If you have been exposed to it, did you get through it? If so, what were its effects on your life?
11. What is your hearts vision (prayer) for the world at this time? Give yourself free reign to imagine and articulate it?