



### **What Centering Prayer Is and Is Not**

- a)** It is not a technique but a way of cultivating a relationship with God.
- b)** It is not a relaxation exercise but it may be refreshing.
- c)** It is not a form of self-hypnosis but a way to quiet the mind while maintaining its alertness.
- d)** It is not a charismatic gift but a path of transformation.
- e)** It is not a para-psychological experience but an exercise of faith, hope and selfless love.
- f)** It is not limited to the “felt” presence of God but is rather a deepening of faith in God’s abiding presence.
- g)** It is not reflective or spontaneous prayer, but simply resting in God.