

Contemplative Outreach of New Mexico

Contemplative Outreach of New Mexico offers a workshop series on Centering Prayer. Attend one intensive session, Saturday, November 2, from 9:30 am to 3:30 pm, short follow-up sessions on the following four Tuesdays: Nov 5, 12, 19, 26, from 7:00 pm - 8:30 pm. Held at the Center for Action and Contemplation, 1823 Five Points Rd. SW, Albuquerque. Bring

Continued on page 19

POG 10/22

CONTEMPLATIVE OUTREACH from page 15

~~The cost for the series is \$20. Reserve your space at 242-9589.~~

The following is an excerpt from *Open Mind Open Heart* by Fr. Thomas Keating, OCSO, co-founder of Contemplative Outreach, Ltd.

Please keep in mind that the method of centering is only one form of prayer and doesn't exclude other forms of prayer at other times. It is like Jacob's ladder in the Old Testament. After his vision of the Lord in the

form of an angel who wrestled with him all night, Jacob fell asleep. He saw a ladder reaching from earth to heaven with angels descending and ascending. The ladder represents different levels of consciousness or of faith. We should communicate with God on every level of our being: with our lips, our bodies, our imaginations, our emotions, our minds, our intuitive faculties, and our silence. Centering prayer is only one rung of the ladder. It is a way of giving God a chance to speak to us.

[Return to Table of Contents](#)

[Return to Section 2](#)