

Forms of Contemplative Prayer:

The purpose of Contemplative Prayer is to be in the presence of the divine without agenda or expectation. It is a practice of silence and focus with the ultimate end of the practice being peace and wellbeing. That said, there are many ways to approach contemplative prayer.

Anglican Rosary: A form of contemplative prayer that draws from tactile sensation using a specific set of beads (the Anglican Rosary) to help focus prayer. (See Additional Information handout.)

Art: As we studied Art Theology for several weeks, so too, art can be used to focus the mind in prayer and to find spiritual connection.

Centering Prayer: Focusing on a word/phrase/mantra to focus and calm one's mind.

Meditation: Calming the mind through focus on a mental image or word, or on breath/heartbeat/nothing. As the mind wanders, gently bringing the mind back either to the focus element or to "nothing."

Walking a labyrinth: We don't currently have a labyrinth at CTK, but for future weeks, we may decide to set up a small labyrinth using painters tape to try it out. The labyrinth is a journey into the self/the divine that takes the path set out on the floor and through movement it calms the body and mind to focus. This can be done using a printed labyrinth as well, tracing the path with a finger. Such is provided today.

This is a VERY brief introduction, and there are other forms of contemplative prayer not included in this short description.