JUDEO-CHRISTIAN <u>CONTEMPLATION</u>
A MEDITATIVE EXPERIENCE

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**Catholic Archdiocese Galveston-Houston
&
Institute for Spirituality & Health**

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PRESENTATION TOPICS

I.   **Definitions & Methodology**   **(20 min.)**

II. **Prayer Session**   **(20 min.)**

III. **Schachter-Keating DVD**   **(45 min.)**

IV. **Questions & Discussion**   **(30 min.)**

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PRAYER AS RELATIONSHIP

PRAYER IS RELATIONSHIP WITH GOD
Analogies

HUMAN

- ACQUAINTANCESHIP

- FRIENDLINESS

- FRIENDSHIP

- UNION

DIVINE

- READING

- THINKING

- SPEAKING

- CONTEMPLATION

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ONENESS FUNDAMENTALS

Don't Seek Anything Except:

- INTENTION
  - To be in "Oneness" presence

- CONSENT
  - To "Oneness" Presence and Action

What Happens Next is Mystery!

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ONENESS GUIDELINES

- ## S ACRED SYMBOL
  - **Chosen as intention to consent to Oneness**

- ## C OMFORTABLE POSITION
  - **Then introduce sacred symbol**

- ## T HOUGHTS & RETURN
  - **When aware of thoughts return to symbol**

- ## G ENTLE READJUSTMENT
  - **Conclude in silence a couple of minutes**

SACRED SYMBOLS

WORDS

ONE	LOVE	
ONENESS	SHALOM	
ECHAD	PEACE	
ABBA	SILENCE	
ADONAI	AYIN	
HINEINI	STILLNESS	
FATHER	TRUST	
YHWH	GOD	
ONE	AHAVAH	
NIL	NOTHING	

IMAGES

CLOUD

STAR

LIGHT

FLAME

BREATH

KISS

HUG

SUN

MANNA

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QUESTIONS & ANSWERS

WHEN?

RELAXED & ALERT

BEFORE MEALS

MINIMUM 20 MINUTES

MORNING & AFTERNOON

WHERE?

QUIET ENVIRONMENT

DIM LIGHTING

UNLIKELY INTERRUPTIONS

ALONE OR GROUP

WHAT?

STURDY CHAIR

GENTLE ALARM

LOOSE CLOTHING

VERSE OR CHANT

HOW?

STRAIGHT BACK

HEAD FREE

FEET PLANTED

CLOSED EYES

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THOUGHT CATEGORIES

- **O** RDINARY IMAGINATION
  - **Did I turn off the automobile lights?**

- **A** TTRACTIONS & AVERSIONS
  - **That person really makes me angry!**

- **I** NSIGHTS & ENLIGHTENMENTS
  - **Now I understand God's true image!**

- **I** NTROSPECTIVE REFLECTIONS
  - **I am not doing so well at this Oneness prayer!**

- **U** NLOADING UNCONSCIOUS
  - **I remember that hurt from my childhood!**

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4 R's PRINCIPLES

- **RESIST NO THOUGHTS**

- **RETAIN NO THOUGHTS**

- **REACT TO NO THOUGHTS**

- **RETURN "EVER-SO-GENTLY" TO THE**

SACRED Symbol

WHEN WE BECOME AWARE OF
THOUGHTS

RETURN

EVER-SO-GENTLY

TO THE

SACRED Symbol

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