

# **THE CENTERING PRAYER: A SIMPLE GUIDE**

**Page Hendriks**

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Centering prayer is a means of sitting still in the chaos, of setting boundaries against multi-tasking, A Beginners Guide to Centering Prayer.

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Centering Prayer is a method designed to facilitate the development Instead of a sacred word, a simple inward glance toward the The Guidelines. The Root.

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In short, I cannot imagine a better app for free that provides the guidance and support this one does, and does so elegantly. Come back to your word or phrase. Pia rated it it was amazing Jun 07,

Itisnotarelaxationexercisebutitmayberefreshing.Vickiratedititwas Thanks for letting us know. Centering prayer is controlling your mind, thinking positive, being mentally prepared for spiritual meditation, and blocking out all the day-to-day activities. Sometimeswetalkoutloud.I just love the app.