

Centering Prayer as Divine Therapy

Fr. Matthew Flatley

A spiritual discipline, which initiates a healing journey in body, mind and spirit a sobriety, which is physical, emotional and spiritual.

- The wound is the place where the light enters you. Rumi
- First there is the fall, and then we recover from the fall, both are the mercy of God. Julian of Norwich
- To see what is right in front of your nose, takes a constant effort. George Orwell
- The issues are in the tissues. Joelle M
- “I need to know what my deepest desire is ... what is God’s will for me?”
“Matthew, they are one and the same” Abbot Joseph Boyle
- A “miracle” is only a change in perception. Fr. Matt
- Mystery does not mean that we cannot understand something, it means there is no end to the understanding. Richard Rohr
- You try and you try and you fail. And then you go deeper. Shunryu Suzuki
- Try less surrender more. Thomas Keating
- 1 Sit is Devotional 2 Sits are Transformational. Contemplative
Outreach Wisdom
- Find your practice and practice it ... Find your teaching and follow it ... Find your community and enter it. James Finley
- Our defects may be our greatest gifts ... if we surrender them to God. Fr. Matt

Patient Trust

Above all, trust in the slow work of God. We are quite naturally impatient in everything to reach the end without delay. We would like to skip the intermediate stages. We are impatient of being on the way to something unknown, something new. And yet, it is the law of all progress that it is made by passing through some stages of instability ... and that it may take a very long time. And so I think it is with you; your ideas mature gradually - let them grow; let them shape themselves, without undue haste. Don't try to force them on, as though you could be today what time, (that is to say, grace and circumstances acting on your own good will) will make of you tomorrow. Only God could say what this new spirit gradually forming in you will be. Give our Lord the benefit of believing that his hand is leading you, and accept the anxiety of feeling yourself in suspense and incomplete.

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