

Embodying the Silence ~ retreat description

Embodying the silence is a holistic multi-dimensional approach to Christian contemplative prayer. This retreat draws as its inspiration the words from scripture, "Love God with all your heart, with all your soul, with all your mind, and all your strength". It introduces the wisdom of Eastern practice through various contemplative tools of yoga and Vedic teachings as well as western spirituality through the practice of Centering Prayer.

Postures, breath, Christian chant and gesture are taught as a way to create receptivity in the different levels of our human system (body, breath, mind and heart) preparing us for the practice of Centering Prayer. Praying this way, loving God in this manner coincides with who we are, utilizing the parts of ourselves, our different dimensions, to move in the direction of Divine union.

Centering Prayer opens wide the contemplative dimension of the gospel by introducing a method of prayer based on the fifteenth century book *The Cloud of Unknowing*. It is a centuries long awaited return to a way of prayer that is One to one with the God of love.