

The gift of contemplative prayer -- 2 of 4

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Fr. Thomas Keating

Episode 2: Consenting to the invitation to transformation (16 min.)

Centering prayer is a gift of grace, Keating says. "But to sit there waiting for it to drop from heaven is not the right approach to awaken something that is already an innate power of grace." Thus the need for practice and discipline. Read Matthew 6:6. Keating also talks about conversations he has had with philosopher Ken Wilbur.

This is an encore presentation. This podcast was first aired in December 2007.

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The gift of contemplative prayer

Trappist Fr. Thomas Keating speaks on the ancient and modern origins of contemplative prayer, which he calls Centering Prayer, and its place in our lives. He sees contemplative prayer as a gift from God, allowing us to open to the Spirit in a deeper and much needed way.

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