



From Carl Arico, *A Taste of Silence: A Guide to the Fundamentals of Centering Prayer*:

In prayer, we are called to let go of control of our lives into God's hands-to relax and be with God, letting God be with us and communicate with us in any way God prefers. God is the loving Lord of the Universe, the Lord of History, the Lord of our lives. In Him all things live and move and have their being. Awareness of God's presence enables us to see all things as relating to God. We see the world with fresh eyes and ears.

I ask you this question, "Is prayer making you more conscious, more aware of the presence of the divine in your life?" Of course, I can't put a face on the divine in reality, but I can arrive at a different experience of seeing and hearing. Is it not possible that instead of finding God in all things we divide the world into compartments? We say, "Now I'm going to do something holy-say my prayers." Then, afterwards, "Now I turn my attention to survival needs: paying bills, and all sorts of other things. I hurry through them so I can go back and be with God and do God's work." This is a bad split of God's world. Do you remember the catechism question, "Where is God?"-where we answered with great gusto, "God is everywhere." So why don't we really believe that? All of reality is saturated with the presence and power of God. Everything we do is a potential playing field for prayer.

From John Anthony McGuckin, *The Book of Mystical Chapters: Meditations on the Soul's Ascent: from the Desert Fathers and other Early Christian Contemplatives*:

"A disciple should always carry the memory of God within. For it is written: You shall love the Lord your God with all your heart. You should not only love the Lord when entering into the place of prayer but should also remember him with deep desire when you walk or speak to others or take your meals. For scripture says: Where your heart is, there also is your treasure; and surely, wherever a person's heart is given, wherever their deepest desire draws them, this is indeed their goal." -*Makarios the Great*

