

Tyler Marz guided meditation_final 1-17-2023

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SPEAKERS

Tyler Marz

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The gift of peace in the midst of troubling times. Project Zion Podcast offers this series of guided practices to help you connect with the divine. No matter where you are, or what's going on around you. Take a deep breath and allow your Spirit to find calm in the storm of life. Hi, this is Tyler Marz, Community of Christ minister and spiritual companion. Part of my journey is finding the divine in everyday life. Today, I invite you to join me in a practice of centering prayer. Centering Prayer stems from contemplative practices by the Desert Fathers and Mothers. It is a disposition of inner silence to make room for the divine. As we quiet the inner noise, we create space for an encounter with God. Teresa of Avila says that, "Contemplative prayer, in my opinion is nothing else than a close sharing between friends. It means taking time frequently to be alone with God, who we know loves us." Centering Prayer is a simple practice of quieting our mind, focusing on our breathing, and silently focusing on a holy word or words for a period of time allowing God's presence to fill us. Thus, today's practice won't have much talking, but instead silence. Once I begin the practice, I will invite us into a time of meditation. Today it will be five minutes of silence, I will share a few words should you need a bit of help thinking of something to focus on. For some this will be their first time with silent meditation. That's why I have chosen the shorter time. If five minutes is too short, you're welcome to pause the recording and add more time. I invite you to close your eyes, or you can focus on a lit candle in front of you. Focus on your breathing, filling your lungs. (silence) If you catch your thoughts wandering, don't worry. Let those pass and focus on your breathing. (silence) As you breathe, find a holy word to focus your attention. Perhaps the Word made flesh, peace salaam shalom, Abba, or something of your choosing. (silence) There is no goal here, other than basking in God's presence. Keep breathing deeply in and out. (five minutes of silence) I invite you to return back to your breathing. God we thank you for this time with you. May your comfort and companionship be remembered always. Peace be with you all, until next time.