

Guided Meditations

Part Two: Contemplative Prayer



*Created
by
Elizabeth Young*

A note from Elizabeth ...

E~book *Part Three: Contemplative Prayer* is a collection of creative writings of my guided meditations used in a weekly prayer group as we learned how to use meditation and prayer together. There is also a connection to listen to the recorded meditations that reflect the writings.

You may be interested in the E~book on Contemplative Prayer as well found on this website.

Please feel free to use these writings and recordings in your individual and group meditation and prayer times.



If you wish, I am available to be with you as your meditation coach to create a meditation that fits your lifestyle and spiritual path.

Contact information is on my website at:
<<http://www.meditations-for-everyone.info/lets-talk>>

Contemplative Prayer

*How gently and lovingly
you wake in my Heart,
where in secret you dwell alone,
and in your sweet breathing filled
with good and glory,
how tenderly you swell
with Love."*

~ St. John of the Cross



In Contemplative Prayer a transition of focus is being made so that we can become more in tune with our Lord's Loving Presence within our Heart. From this depth of relationship, we are able to "be still and know" ... hear his Word, engage in prayerful conversation with Him and receive wise directions and choices for our daily life situations ... but most importantly we are able to merge with his Living Presence in the stillness of our Heart.

You may listen to this meditation here: (20 min)

<<http://www.meditations-for-everyone.info/contemplativeprayer>>

The following is the written version of this meditation. You may use it to guide yourself. Let me know if I can assist you in any way as you move forward in learning this mediation:

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A Contemplative Prayer Sample

In this Contemplative or Reflective prayer, we are making a transition of focus so that we can become more in tune with our Lord's Loving Presence within our Heart. From this depth of relationship, we are able to hear his Word, engage in prayerful conversation with Him and receive His direction. But, most importantly, we are merging into the Stillness of His Living Presence within our Heart.

Now to begin ...

Assume a comfortable position in your chair and, if you wish, close your eyes.

Begin my asking Holy Spirit to guide your prayer and to fill you with God's Grace. [Pause]

Let's begin by watching our breath. Breathing in, two, three. Breathing out two, three four five.

Breathing in "Jesus my Lord, my God" ... breathing out any tensions or stress.

Breathing in "The Lord is my Shepherd" ... breathing out two, three, four. five.

Use what ever a special word or phrase that suits you. Breathing in two three ... breathing out two three four five

If you become distracted, return to concentrating on your breathing ... letting the distractions go by ... so that you can turn your heart back to God. Be gentle with yourself. [Stay with this for about 5 minutes and then ...]

Rest in the Stillness and Silence for a few minutes. If you get distracted gently bring your attention back to your breath.

If you want to talk with Jesus ...

Imagine a setting that is comfortable to you ... in a garden or by the sea ... a favorite place for you ... now see Jesus sitting there waiting for you. Sit with Him or walk with Him ... you can talk with Jesus ... listen to him speak to you ... talk about something that has happened to you recently ... or about a forthcoming event in your life ... [Pause to be with Him]

Or,

Simply sit with him in the Silence and Stillness feeling his Presence embracing you inside and out ...

[Silence for a few minutes]

Now, you are ready for any reading of the Gospel or whatever life has for you today feeling his Blessed Presence within you each step of the way.

End now with a gratitude prayer as you move forward into your day.



Contemplative Prayer: Abiding in Christ's Presence

John 15, in the words of Christ: "Abide in me and I in you ... so that my Joy will be in you and your joy may be complete."

In this guided meditation we contemplate these words of Truth coming from Christ and open our Hearts to Abiding in His Holy Presence. "Abiding" is resting, being steadfast, and immutable, and adhering to Christ's Presence within us. Learn how to abide and remain steadfast in Christ's Presence no matter what the circumstances in life. (15 min)

You may listen to this meditation here: (15 min)

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Contemplative Prayer: Abiding in Christ's Presence

As we begin this meditation, let's bring our bodies into a comfortable position and close our eyes ...

*Abide in me and I in you,
so that my Joy will be in you
and your joy may be complete*



We are going to take this time to contemplate these words of Truth coming from our Lord, Jesus Christ and open our Hearts to Abiding in His Holy Presence ...

We begin with a question ... Have you ever fallen in Love? ... really opened your Heart to someone and felt a warmth fill your chest ... a warm glow that fills your entire being if you really open up to it and fully let go into it? Let's be open to allowing this warmth and Love of Christ to fully awaken in us during this process ...

We will begin this process with watching our breath ... feel the breath as it enters the body ... flows into our lungs and gently moves out of the body ... watching the natural process of the breath ... here and now ...

Notice how our attention wants to go onto our thoughts and what is happening around us ... that it has a mind of its own ... but we do have the choice to bring our attention to where we want it to go ... and in this moment let's choose to direct our attention onto our breath ...

Notice how the body relaxes very naturally as we just simply watch the breath ... it is very healing and harmonizing to the entire body-mind ...

If there are any tight or tense areas in the body ... breath full and deep through these areas to gently relax and unwind any tension or tightness felt in the body ...

Now attention is on our breath and gently unwinding and releasing tension in the body ...

If thoughts should come up ... don't follow the thoughts ... keep attention on the breath and the relaxation that is coming so naturally from this process ... Let the thoughts drift by like clouds drifting by in the sky ... and, be here with the breath ...

Notice that our attention is focused on the present moment with the breath ... allowing the thoughts to drift by ... just being here now with whatever is present in a relaxed state of being ...

Now let's notice something else that is happening as we are watching the breath ... Isn't there an Awareness that is Aware of all that is happening in this moment? ... Isn't there something else actually sitting back and watching what is coming and going? ...

Be this one that is seeing all that is occurring right now ...

So, let's include the one who is seeing all that is happening right now ... there is the body and its experience ... its thoughts ... the breath AND the one who is seeing it all happening in this moment ...

Focus completely on the one that is seeing it all ... the Awareness that is aware of all that is happening right now in this moment ...

How does it feel from this perspective? ... from the one who is Aware? ...

Is there a warm glow present from this perspective of simply seeing? ... it can be felt in the center of our chest ... this is Pure Love ... the Radiant Love of Christ embracing us here and now ...

Continue to give over to this warm glow ... and as we do, doesn't it glow brighter and brighter through the body? ...

Luxuriate in this Radiance of Christ's Love as it is filling us up now ... from the inside out ... Receive it fully ... abide in IT ... soak in IT... own IT ...

Christ is in us, as us, as the very Heart and Core of us ... our Support ... our Source ... our Comforter ... nourishing our very Soul.

This is true *abiding*, dear One ... It is true meditation ... it is conscious prayer ... as we are resonating and luxuriating in the experience of His Living Presence ...

It's tapping into the pulse of the Living Truth and fully abiding in It experientially ... directly ... here and now ... abiding in Christ ... and Christ abiding in us ...

As we fully experience this now ... the joy fills our Heart ...

Let's relax and receive this Blessing now ... in the Silence and Stillness of our Heart ...

[Silence]

Remaining in this Blessed Presence as we prepare to be here present in this room ... and whenever it feels comfortable ... opening your eyes and being here ...



Contemplative Prayer: Enlivened by Living Waters

In this guided meditation you will be brought into the scene of Jesus with the woman at the well. He brings her attention to the experience of the “living water” that is within each one of us that is ready to bubble up and suffuse our body, mind and spirit with a fullness and aliveness. In this meditation we focus on giving our attention fully over to this living water washing away any pain and loss we may be experiencing in our lives.

You may listen to this meditation here: (15 min)

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Contemplative Prayer: Enlivened by Living Waters

Let's begin by coming into a comfortable position in your chair ... and closing your eyes ... listen to this story of Jesus awakening the woman at the well to the living waters ... and let it carry you into an experience of being with him and resonating with him ... and receiving His blessing ... here and now ...

Traveling from Galilee to Jerusalem, a route that took him through Samaria, Jesus arrived at a fork in the road. It was high noon. Tired from the heat and the journey, he sat down by a well. A samaritan woman soon approached the well from the village of Sychar.

It was uncommon for anyone to draw water in the heat of the day. It was also unusual for the woman to be drawing water from this particular well because there was a well in Sychar.

The woman had been married five times. With so many failed marriages, and her hopes pinned on a sixth man with whom she was living, her life was a mess, and she felt alienated from her community. Instead of filling her bucket in the village with the other women at the evening water drawing, she slunk off to this isolated well more than half a mile away during the heat of high noon when nobody was around.

Jesus asked the woman to give him a drink. The woman was surprised. "How is it that you, being a Jew, ask a drink of me, a Samaritan woman?" she queried. Jews don't normally speak to Samaritans because they considered them to have forsaken their faith.

Jesus responded that if the woman had known who was asking her for a drink, she would have asked him to give her a drink, and he would have given her "living water."

Jesus' strange response intrigued the woman. Where would he get water, since he had no bucket?

Many translations miss the richness of the story because they translate two different Greek words with the one English word “well.” When the woman spoke of the well, she used the word that meant a deep well with still water. But when Jesus spoke of the well, he used a word that meant a spring with flowing, sparkling water.

Water symbolizes life. When you drink from a well, you get thirsty again. “But whoever drinks of the water that I shall give him will never thirst,” Jesus explained. “But the water that I shall give him will become in him a fountain of water springing up into everlasting life.”

While drawing from the well pictured the effort of merely getting by each day that characterized the woman’s life, a spring symbolized Jesus’ experience of an abiding fullness of life. For the woman, life was burdensome — like the repeated drudgery of drawing water just to survive each day. In contrast, Jesus had an ecstatic sense of himself that simply bubbled up within him.

As you are listening to this story ... bring your attention to this Fullness that is present ... here and now ... within you ... [pause]

Let go of whatever you may be carrying ... and give your attention entirely over to this sense of aliveness bubbling up deep within you ... it is a fountain of sparkling water ... pure ... clear ... and filled with aliveness ... give your attention entirely over to this aliveness ... this bubbling living water ... [pause]

Feel all your burdens being washed away ... in the presence of this Fullness and Aliveness ... [pause]

Jesus shows us our longing in a new light. Our longing isn’t for something we don’t have. It’s for a self we have lost touch with.

Jesus’ response to the Samaritan woman’s plight was to make her aware of her own potential for experiencing the fullness of life. Happiness was not something to be found on the outside. It was within her, if she but knew it.

The woman's transformation entailed realizing that her whole life had been driving by a search for a self that had been lost. When she found her real self, it became a spring within her that welled up into a fulfilled life.

Notice this "real self" ... this spring within you that is welling up now as a deep sense of fulfillment ...

... a fullness that longs to express itself. At your center is This fullness is the Infinite seeking to manifest itself through your human form. You are not empty, needing to be filled. You are a fullness of potential seeking to come fully alive.

Know that no matter what is happening in your life right now ... you can give over fully to this deep sense of ok-ness within you ... and meet your life's circumstances from here ... from this Fullness of Love bubbling up from within you ... blessing you now ... and now ... and now ... and forever.

