

PRAYER FORMS - WAYS TO COME HOME TO GOD

TWO BASIC FOCUS OF ENERGY: INWARD (silence)& OUTWARD (expressive)

MEDITATION TECHNIQUES:

AWARENESS EXERCISES (de Mello)

BREATH (counting, watching, exchanging)

CENTERING PRAYER OR CHRISTIAN MEDITATION (mantras)

FOCUSING (from Biospirituality)

RELAXATION EXERCISES (sand, muscles, etc.)

VISUALS (icon, flame, incense, Host, cross,)

YOGA (Vipassana - mindfulness)

ZAZEN (just sitting)

ACTIVE TECHNIQUES:

ART FORMS: DRAWING, CLAY, PAINTING

CHANTING OR SINGING

DIALOGING (written or vocal)

HATHA YOGA (body prayer)

HEALING OF MEMORIES

IMAGERY PRAYER (includes Ignatian Contemplations)

JESUS PRAYER: "Lord Jesus Christ, Son of God, have
mercy on me a sinner."

JOURNALLING

LECTIO DIVINA (Benedictine: meditating on Scripture)

MOVEMENT (dance, postures, gestures)

MUSIC (with or without words)

NATURE (senses attuned)

THIRD METHOD OF PRAYER OF IGNATIUS (e.g. Our Father)

WALKING MEDITATION (with "Mindfulness")