

# Centering Prayer and Three-Centered Knowing: A Silent Centering Prayer Wisdom Retreat

with Heather Ruce

*“Centering Prayer ... is the opening of mind and heart, body and emotions—our whole being—to God, the Ultimate Mystery, beyond words, thoughts, and emotions.”* —**Thomas Keating**, in *Open Mind Open Heart*



**July 26-28, 2024**

**ALL SAINTS' CHURCH**

9<sup>th</sup> & Dolores St.

Carmel, California 93921

**REGISTER: 831-624-3883**

**[info@allsaintscarmel.org](mailto:info@allsaintscarmel.org)**

In Centering Prayer we practice letting go to the Divine Indwelling, building up a muscle of release, of consent to the presence and action of the Ultimate Mystery in our lives. Our Centering Prayer deepens further when we let go with our whole being: mind, emotions, and body, as Thomas Keating urges us. In this retreat we will explore Centering Prayer as a practice, in a way suitable for those new to it, as well as for those who have been practicing for a long time. Along with this, we will explore three-centered knowing, not just with our heads but with our entire physical, emotional, and intellectual being. In *The Wisdom Jesus*, when Cynthia Bourgeault talks about tuning into Jesus as a living being here with us now she says, “It’s not knowing something more, like a new fact or piece of esoteric information; it’s knowing *deeper*, knowing with more and more of your being engaged.”

Join us in person at All Saints’ Episcopal Church in Carmel, CA where we will gather together and practice silence, Centering Prayer, and wisdom practices of chanting and movement that will help to engage our whole being. The days will be held in the container of silence with some opportunities for group sharing during a few of the sessions.



*"May the next years see the increase of Centering Prayer, and the creative addition of other wisdom aspects that might enhance what we are doing, or at least help us to do what we have learned out of our tradition, with complete commitment." —*

Thomas Keating, in  
*A Life Surrendered to Love*

**Retreat Fee: \$250**

**Includes:** healthy breakfast, lunch, drinks, and snacks for 2 days

**Lodging:** for those attending from out of town some low-priced lodging can be arranged.

**Time:** Fri. 9:00am – 5:30pm

Sat. 9:00am – 5:30pm

Sun. 9:00am: Sit followed by Worship

**For More Information or To Register Email:**

[info@allsaintscarmel.org](mailto:info@allsaintscarmel.org)

### **Retreat Facilitator:**

Heather Ruce, M.A. is a Wisdom Spiritual Director who offers Wisdom Practice Circles, Retreats, and Wisdom Schools focused on the expansive Christian Wisdom Tradition. She works within the lineage of Wisdom Teacher Cynthia Bourgeault whom she has been a student of for over a decade. Heather weaves her Masters in Marital & Family Therapy and training in Somatic Experiencing, Organic Intelligence & Spiritual Direction into her teaching and guidance in various Wisdom practices in service of waking up and putting on the Mind of Christ. Find out more at [heatherruce.com](http://heatherruce.com).

\*For more information on the Christian Wisdom Path, see Cynthia Bourgeault's book: *The Wisdom Way of Knowing: Reclaiming an Ancient Tradition to Awaken the Heart*. If you have not read this book you are encouraged to do so before the retreat, but it is not a prerequisite.

