

## **HELPFUL RESOURCES FOR NURTURING CENTERING PRAYER IN YOUR LIFE**

**WEBSITE FOR THE CENTERING PRAYER MOVEMENT:**

[WWW.CONTEMPLATIVEOUTREACH.ORG](http://WWW.CONTEMPLATIVEOUTREACH.ORG)

**MOBILE APP FOR YOUR CENTERING PRAYER EXPERIENCE:** GO TO THE APP STORE AND SEARCH FOR CONTEMPLATIVE OUTREACH. THE APP THAT IT PULLS UP CAN BE PERSONALIZED TO YOUR PREFERENCES IN PRACTICING CENTERING PRAYER.

THERE ARE NUMEROUS **“YOUTUBE” VIDEOS** OF FATHER THOMAS KEATING’S TALKS/PRESENTATIONS ON CENTERING PRAYER.

ENTER “CENTERING PRAYER” IN **YOUR COMPUTER’S SEARCH ENGINE**, AND YOU WILL BE DIRECTED TO NUMEROUS ARTICLES AND BOOKS.