

In the busyness of urban living, opportunities to stop and let go of all that tenses and stresses us are hard to find.

Many people today no longer have resources available to them to support intentional stopping and letting go. When we do stop, and quiet our busy minds, we can find the still centre within ourselves. In this place healing and creativity can be found. Often here we find renewed strength for engagement with all the complexities of our lives today.

St Columba Grey Lynn is offering such an opportunity on the third Wednesday of each month at 7.30pm.

Where can I find Centering Meditation groups?

City Side Baptist, Mt Eden Road

8pm the 1st Wednesday of each month

St Columba Anglican Church

92 Surrey Crescent, Grey Lynn

7.30pm the 3rd Wednesday each month

CENTERING MEDITATION

Includes a guided process that leads to

- Deep relaxation
- Two 20 minute periods of silence
- The use of a word or image
- Resting in a sense deep peace
- Openness to the spirit that connects us

Time spent in Centering Meditation is not a time for asking or planning. Rather it is a time to seek release from the tension that builds in us day by day and the busyness of the thoughts that come unbidden into our minds. It is the practice of 'letting go' that we are engaging with: emptying ourselves of our self-conscious thinking. We are waiting in the presence of the holy.



During Centering Meditation our mind does not stop thinking. Many kinds of thoughts arise, but we develop techniques for letting them pass quickly without focusing on them. This is where the image or the specially selected word helps us. When we become aware of a thought, we acknowledge it, and send it on its way by repeating silently and gently our special word or replacing it with the image we have selected.



The aim is simply to be!

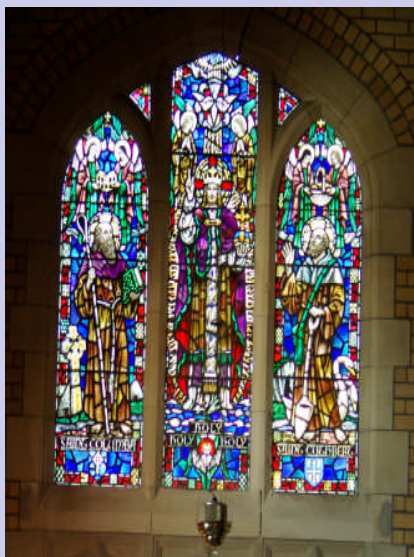
We do not attempt to impose goals on ourselves, or run a checklist of how we are doing; we simply **are**.

Centering meditation grows easier with practice, and allowing ourselves to be guided in the process by the facilitator means we can relax and trust the process.

Before each Centering Meditation at St Columba there is an opportunity to talk with the facilitator for the evening, should you wish to, or time simply to be present with your own thought while gentle music plays.

Christian centering meditation stands in the tradition of the early mystics. These mystics sought the sacredness of living in intentional stillness and the empty spaces created when we let go of the clutter that fills our minds during our busy lives.

No previous experience is necessary to participate in this practice of letting go.



St Columba

Reconnecting Your Spirit

Without Disconnecting Your Mind.

- Offering "A Progressive Christianity"
- Inclusive
- Diverse
- Community Focused
- Nurturing the spirituality of our community



St Columba Anglican Church
92 Surrey Crescent
PO Box 78 080
Grey Lynn, Auckland 1030
Aotearoa New Zealand

Phone: + 64 9 376 4229

Fax: + 649 376 4225

Email: office@saintcolumbas.org.nz

www.saintcolumbas.org.nz

CENTERING MEDITATION AT ST COLUMBA



saint columba

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92 Surrey Crescent

Grey Lynn, Auckland

Aotearoa New Zealand