

# THE LIVING FLAME PROGRAM

## *A Formation Program*

*O living flame of love that tenderly wounds my soul in its deepest center!* -John of the Cross



This extraordinary program includes seven full-day offerings of in-depth spiritual study presented over a seven month period by Contemplative Outreach commissioned presenters.

Designed to teach the vital conceptual background needed to support a faithful practice of Centering Prayer, the program also:

- offers encouragement and support in a small community setting;
- heightens the awareness of the transformation process;
- helps discern when psychological skills can be helpful tools;
- provides the opportunity to give and receive spiritual companionship.

<p><b>Deepening Our Centering Prayer Practice:</b></p> <ul style="list-style-type: none"> <li>- Sacred symbols (word, breath, glance)</li> <li>- Entering and leaving CP period</li> <li>- Active Prayer Sentence</li> </ul>	<p><b>Reclaiming Our Roots:</b></p> <ul style="list-style-type: none"> <li>- The Contemplative Heritage in Christianity</li> <li>- Desert Ammas/Abbas</li> </ul>
<p><b>LectioDivina:</b></p> <ul style="list-style-type: none"> <li>- 4 senses of Scripture, received, interiorized &amp; lived</li> <li>- Monastic model / Spirit-led prayer</li> <li>- Deepening one's relationship with God through Scripture</li> </ul>	<p><b>LectioDivina:</b></p> <ul style="list-style-type: none"> <li>- Being a word of God</li> <li>- Prayerful reflection on one's life</li> <li>- Deepening one's walk with Christ in daily life</li> </ul>
<p><b>Soul Friending:</b></p> <ul style="list-style-type: none"> <li>- Soul Friending/ Spiritual Direction</li> <li>- History and theology of Soul Friending</li> <li>- Soul Friending and Centering Prayer groups</li> </ul>	<p><b>Contemplative Living:</b></p> <ul style="list-style-type: none"> <li>- Divine Indwelling</li> <li>- Theological Virtues</li> <li>- Fruits and Gifts of the Spirit</li> <li>- Transformation of daily life through Centering Prayer</li> </ul>
<p><b>The Human Condition:</b></p> <ul style="list-style-type: none"> <li>- Explores characteristics of the Human Condition</li> <li>- Examples of False Self vs. True Self</li> <li>- Dismantling of emotional programs for happiness</li> </ul>	<p><b>The Forgiveness Prayer:</b></p> <ul style="list-style-type: none"> <li>- The process of forgiveness</li> <li>- The Method of the Forgiveness Prayer</li> <li>- Opening to the Divine Indwelling in Relationships</li> <li>- Practical points about Forgiveness</li> </ul>
<p><b>Divine Therapy:</b></p> <ul style="list-style-type: none"> <li>- Understanding the Spiral Staircase</li> <li>- The healing process initiated by Centering Prayer</li> </ul>	<p><b>The Psychological Experience of Centering Prayer:</b></p> <ul style="list-style-type: none"> <li>- Psychological perspective of the spiritual journey</li> <li>- Deeper look at the unconscious energy centers</li> <li>- Contemplative perspective on human growth and development</li> </ul>
<p><b>Dark Night of the Soul: Night of Sense</b></p> <ul style="list-style-type: none"> <li>- Biblical desert experience</li> <li>- Transition stage of contemplative spiritual journey and deepening relationship with God</li> <li>- Classical signs &amp; trials of the Night of Sense</li> </ul>	<p><b>The Discernment Practice:</b></p> <ul style="list-style-type: none"> <li>- Levels of Discernment</li> <li>- Our will/ God's will</li> <li>- Common hindrances in discernment</li> </ul>
<p><b>The Welcoming Prayer Practice:</b></p> <ul style="list-style-type: none"> <li>- Consent on the Go</li> <li>- Method "to let go and let God" in everyday activities</li> <li>- Listening to the wisdom of the body</li> <li>- Embracing all experience as opening to the Divine Indwelling</li> </ul>	<p><b>Dark Night of the Soul: Night of Spirit</b></p> <ul style="list-style-type: none"> <li>- Radical letting go of remaining obstacles on spiritual journey</li> <li>- Preparation for Transforming Union</li> <li>- Ten Steps of the Ladder of Love</li> <li>- Phases of Unitive Life</li> </ul>

The Living Flame Program was inspired by the Holy Spirit. It was created by Monica Freeman and friends with materials taken from Fr. Thomas Keating's books.

For more information about the Living Flame program please contact:  
 Judy Sharer, Contemplative Outreach Service Team contact for The Living Flame Program  
[jsharer@bbtel.com](mailto:jsharer@bbtel.com) 270.304.7684

