



Contemplative Outreach

**Grounding the Prayer of the Cloud with The Prayer of the Heart:
An e-Introduction to Heart Intention for Centering Prayer
Practitioners with David Frenette**

Support for session 1

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**Heart Intention
Joining Meaningful Words of Intention with
Inner Movements of Consciousness**

	I	II	III	IV
Intention as the Jesus Prayer:	Lord Jesus Christ	have mercy on us	Son of God	Amen
Joining with Inner Movements of the Prayer of the Heart:	Attention to Body (Breath)	Engaging of Mind	Surrender into Heart	Resting in Being

Heart Intention
Choosing 1 of 3 Intentions

	I	II	III	IV
Intention as the Jesus Prayer	<i>Lord Jesus Christ</i>	<i>Have Mercy on us</i>	<i>Son of God</i>	<i>Amen</i>
Intention as a Spiritual Affirmation:	<i>Life</i>	<i>Radiating</i>	<i>Love</i>	<i>In Being</i>
Intention as a Christian Mantra	<i>Yeshua</i>	<i>Maranatha</i>	<i>Hesed</i>	<i>Amen</i>

For more information on David's teachings and offerings, see www.davidfrenette.com