

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:

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

*...John of the Cross*



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*The Living Flame  
Program*



# Living Flame

## A Formation Program

This extraordinary program includes seven full-day offerings of in-depth spiritual study usually presented over a seven to nine month period by commissioned presenters from the various C.O. Ltd. Service Teams.

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 purification process;
- helps discern when psychological skills can be helpful tools;
- and provides the opportunity to give and receive spiritual companionship.

Living Flame II is available in a similar format as a follow-up to Living Flame I.

## Living Flame 1

### ***Deepening Our Centering***

#### ***Prayer Practice:***

- Exploring the sacred symbols (word, breath, glance)
- Active/Breath Prayer
- Minute Book

#### ***Lectio Divina:***

- Scholastic method
- Christian prayer rooted in Scripture
- Relationship

#### ***The Human Condition:***

- True self/false self
- Emotional programs for happiness

#### ***Divine Therapy:***

- Understanding the Spiral Staircase
- The healing process initiated by Centering Prayer

#### ***The Dark Night of Sense:***

- Signs/Temptations
- Mourning

#### ***The Welcoming Prayer Practice:***

- Consent on the go
- Mary and Martha

#### ***The Discernment Practice:***

- Advantages/disadvantages
- Refining our question

## Living Flame 2

### ***Reclaiming Our Roots:***

- The Contemplative Heritage in Christianity
- Desert Ammas/Abbas

#### ***Lectio Divina:***

- Monastic model
- The Four Senses of Scripture

#### ***Contemplative Living:***

- Contemplative attitudes
- Fruits and Gifts of the Spirit

#### ***The Forgiveness Prayer:***

- The prayer and the process
- Reconciliation

#### ***Soul Friending:***

- As individuals and as groups
- The art of communication
- The gift of listening

#### ***The Psychological Experience of Centering Prayer:***

- What years of practice may look like
- The process of unloading

#### ***The Dark Night of Spirit:***

- Purification
- Divine Union
- The present moment