



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 3

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Joining Meaningful Words of Intention with Inner Movements of Consciousness

Shared in session 3 teaching video "Heart Intention Practice: Meditating with Body, Heart, Mind, Being"

		I	II	III	IV
A	Intention as the Jesus Prayer	Lord Jesus Christ	Have Mercy on us	Son of God	Amen
B	Intention as a Spiritual Affirmation:	Life	Is Radiating	Love	In Being
C	Intention as a Christian Mantra	Yeshua	Maranatha	Hesed	Amen
	Joining with Inner Movements of the Prayer of the Heart:	Attention to Body (Breath)	Engaging of Mind	Surrender into Heart	Resting in Being

Supporting notes for the session 3 teaching video “Heart Intention Practice: Meditating with Body, Heart, Mind, Being”

“Love the Lord your God
with all your heart
with all your soul
and with all your mind ...
and love your neighbor as yourself.”
- Jesus

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“Contemplative service is God in us, serving God in others.”
- Thomas Keating

Other quotes from The Prayer of The Heart Tradition on Body, Mind, Heart and Spirit:

“It is necessary to preserve attention and so lead it into the heart: for so long as the mind remains in the head, where thoughts jostle one another, it has no time to concentrate on one thing. But when attention descends into the heart, it attracts all the powers of the soul and body into one point there.”
- Theophan the Recluse

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“So, brother, when you enter your closet and close your door, that is, when your mind is not darting hither and thither but enters within your heart, and your senses are confined and barred against things of this world, and when you pray thus always, you too are then like the holy angels, and your Father, Who sees your prayer in secret, which you bring Him in the hidden depths of your heart, will reward you openly by great spiritual gifts.”
- Saint Gregory Palamas

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“Having banished every thought from this inner talking (for you can do this if you want to), give it the following short prayer: ‘Lord Jesus Christ, Son of God, have mercy on me’—and direct it, instead of all other thought, to have only this one constant cry within. If you continue to do this constantly, with your whole attention, then in time this will open for you the way to the heart which I have described. There can be no doubt about this, for we have proved it ourselves by experience.”
- Nicephorus the Solitary

Five Stages In The Jesus Prayer

From Archimandrite Hierotheos Vlachos, *A Night in the Desert of the Holy Mountain*

We have mainly five stages. This is, roughly, the course of the development of the Jesus Prayer. Each stage has its own grace.

+ First. The reciting of the Jesus Prayer vocally. We repeat the Jesus Prayer with our lips while trying at the same time to focus our attention on the words of the prayer.

+ Second. Then the mind takes the Jesus Prayer and says it mentally. Our whole attention is found again in the words but it is concentrated on the nous - the soul's attention. When the nous gets tired then we start again to vocalize the prayer with the lips. After the nous has been rested we start again to concentrate our attention there. St. Neilos advises: Always remember God and your nous will become heaven.

+ Third. The Jesus Prayer then comes down into the Heart. Nous and heart are now united and combined with each other. Attention is centered in the heart and it is immersed again into the words of the Jesus Prayer which has an invisible depth.

+ Fourth. The Prayer becomes now self-activating. It is done while the ascetic is working or eating or discussing or while he is in church or even while he is sleeping. "I sleep but by heart is awake" is said in the Holy Scriptures (Song of Songs 5:2).

+ Fifth. Then one feels a divine soft flame within his soul burning it and making it joyful. The grace of Christ lives in the heart. The Holy Trinity is established. "We become the habitation of God, when He lives within us, established in the memory. Thus we become the temple of God when Remembrance of His is not disturbed by earthly cares, and mind is not distracted by unexpected thoughts. Fleeing all that, the Friend of God withdraws into Him, chasing away the passions which invite intemperate thoughts, and occupying himself in a way which leads to virtue." (Saint Basil the Great) Thus he feels the Divine Presence within himself and this grace passes through the body which becomes dead to the world and is crucified. And this is the extremist stage which is sometimes connected with the Vision of the Uncreated Light of the Holy Trinity.

Joining Meaningful Words of Intention, Inner Movements of Consciousness, and A Deeper Form of Action

Shared in session 3 teaching video “Heart Intention Practice for Everyday and the Apocalypse”

		I	II	III	IV
A	Intention as a Spiritual Affirmation:	Life	Is Radiating	Love	In Being
B	Joining with Inner Movements:	Breath	Concentration	Surrender into Heart	Resting
C	Expressed in Meditative Action:	Us in Unity (God)	Acting	For all of Us	Being

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