

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