

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

John of the Cross

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

The Living Flame Program takes its name from the poem of St. John of the Cross entitled *The Living Flame of Love,* written in the 16th century. The poem speaks of union with God which is the desire of all who walk the spiritual journey.

The Living Flame Program Guidelines are available on the C.O. website under Volunteer Resources. These Guidelines provide:

- steps for planning
- ideas for publicity
- sample schedule
- list of tasks
- financial aspects
- scholarships/financial assistance
- hosting Living Flame on Zoom
- hosting Living Flame in person

Contemplative Outreach

The Living Flame
A program of Contemplative Outreach,Ltd.
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The Living Flame Program



Living Flame

A Formation Program

This extraordinary program for Contemplative Outreach Chapters and groups 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 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.

Living Flame 1

Deepening Our Centering Prayer Practice:

- Sacred symbols (word, breath, glance)
- Entering and leaving CP period
- ActivePrayerSentence

Lectio Divina:

- the monastic way of praying *Lectio Divina*
- the four senses of Scripture through which a biblical text speaks to us
- how awareness of the Holy Spirit and the Holy Spirit's gifts increases our receptivity to divine inspirations and transformation

Soul Friending:

- Soul Friending/ Spiritual Direction
- History and Theology of Soul Friending
- Soul Friending & Centering Prayer groups

The Human Condition:

- Explores characteristics of the Human Condition
- Examples of False Self vs. True Self
- Dismantling of emotional programs for happiness

Divine Therapy:

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

The Nights of the Soul

- Purpose of the Nights
- The Nights in general
- The Nights of Sense and Spirit
- Classical signs, trials and fruits of the Nights

The Welcoming Prayer Practice:

- Consent on theGo
- Method "to let go and let God" in everyday life
- Listening to the wisdom of the body
- Embracing all experience as opening to the Divine Indwelling

Living Flame 2

Reclaiming Our Roots:

- The Contemplative Heritage in Christianity
- Desert Ammas/Abbas

Lectio Divina:

- Being a word of God
- Prayerful reflection on one's life
- Deepening one's walk with Christ in daily life

Contemplative Living:

- Divine Indwelling
- Theological Virtues
- Fruits and Gifts of the Spirit
- Transformation of Daily Life through Centering Prayer

The Forgiveness Prayer:

- The process of forgiveness
- The Method of the Forgiveness Prayer
- Opening to the Divine Indwelling in Relationships
- Practical points about Forgiveness

The Psychological Experience of Centering Prayer:

- Psychological Perspective of the spiritual journey
- Deeper look at the unconscious energy centers
- Contemplative perspective on human growth and development

The Discernment Practice:

- Levels of Discernment
- Our will/ God's will
- Common hindrances in discernment

The Transforming Union

- The second phase of our contemplative journey
- Restructuring of consciousness
- Awareness of union with God
- Ordinary life with extraordinary love