



## Centering Prayer Introduction and Retreats

Centering Prayer is a prayer without words – a prayer of silence. It has been said that God's first language is silence. Sitting in the silence we consent to God's presence and invite God to help us become more truly human, more fully ourselves.

Easy to learn and supplementing other forms of prayer, Centering Prayer can become the changing point in our lives.

## Trusting in God: Embracing Freedom (Workshop)

It is easy, even in Church, to pick up strange ideas about ourselves, life, God, religion and spirituality and miss the whole point of the Good News as taught by Jesus.

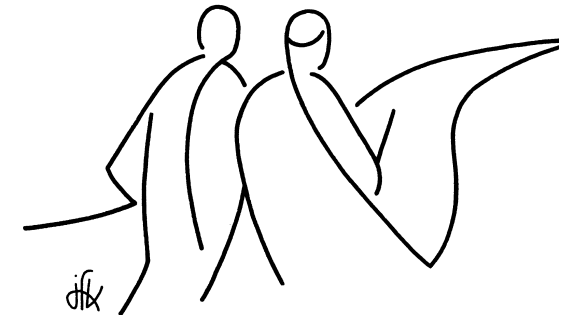
Yet, Augustine suggests that the soul naturally desires God. Desire in us, is God's desire and love in us, in as much as we are one with God. God wants only our happiness and the Kingdom of God is everything that God wills and wishes for us.

Our yearning for God is our commitment to growth, to goodness, to truth, to the appreciation of beauty, to compassion and to love.



## On the Road to Emmaus

### A Spiritual Journey



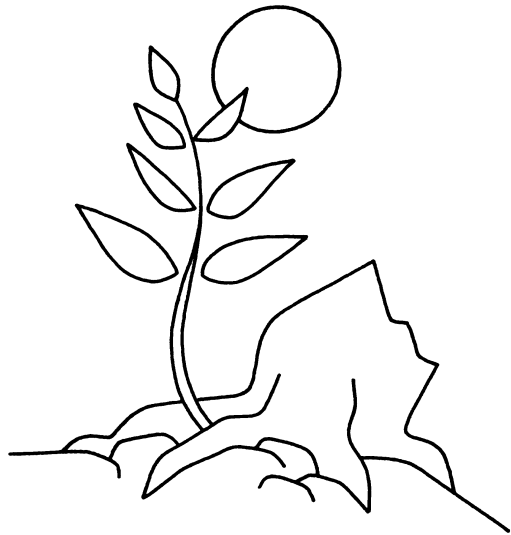
### Sharing the Spiritual Search

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[www.emmauscentre.ie](http://www.emmauscentre.ie)  
[www.denisgleeson.com](http://www.denisgleeson.com)

## Journey Towards Growth

The theme of journey is a major theme in the mythologies of the world, in the Old and New Testaments, in general literature and in art. One of the reasons for this is that the epic journey, or pilgrimage, is symbolic of the journey inward, of the journey from childhood to adulthood and of the journey from social and spiritual innocence to social and spiritual maturity.



## The Spiritual Journey

Acceptance of my own goodness.

Acceptance of where I am in life.

Acceptance of the need to change my image of God.

Acceptance of my need for transformation: a new mind-set



Does not require huge effort - God does all the work.

Does not involve difficulty and hardship.

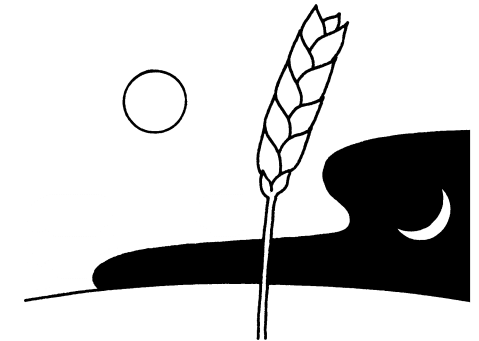
Does not involve stress, anxiety or worry.

It does require letting -go and becoming my true self.

## Workshops to Help Along the Way

### Enneagram Introduction

The Enneagram is a wonderful personality tool that helps me identify my giftedness and my motivation in life. It also enables me to name my compulsion and it offers me a healing and positive way forward.



### Dreamwork Introduction

Dreams are mentioned frequently in the bible. They can assist us on our spiritual journey also.