



Soulswept

Exploring Feelings
Through
Centering Prayer

Centering prayer is an interior journey to the heart. Emotions are the stirrings of the soul. They are the melody of yearning for life, love and purpose. They are how we touch the Divine.

Life is a continual soundtrack of our feelings. Yet, many of us are detached and unaware of our feelings. We've silenced our life's soundtrack through emotional numbing-out. And as a result, we don't dance through life anymore. Life is no longer animated because we are afraid to be vulnerable before God and others.

Many of us are afraid to unpack our feelings, even though we are desperate to rejoin the dance of life. And we are afraid to ask for help. We don't have to face our feelings alone. We can ask God to help us get back in touch with our feelings through centering prayer.

In doing so, we will allow God to sweep through us bringing light and healing to our souls. And once we are Soulswept by the Spirit of God, we will get our groove back. Come rejoin the Dance of Life!



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**Redemptorist Renewal Center
7101 Picture Rocks Road,
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