

## The Art of Teresian Prayer

### Carmelite School of Prayer Advent 2020

**I take a moment to meditate on all these things in my heart** (Luke 2:19)

The word contemplate or contemplation should not scare us. There comes a time in meditation when nothing happens, we have reached a dead end. It is often the time to let go and allow God to guide us; let God lead and introduce us into contemplation.

We only have this life to live by faith, by the substance of the things hoped for.  
Brother Francois of Saint Marie

#### **Snippet #16: Contemplation**

Yesterday we talked about meditation where we use a written text to help us turn towards our Lord. There is however, another attitude or posture that we can strive for and to which we are all called; that posture is contemplation.

We will be led to contemplate. When this happens, we need to let go of meditation along with all written material in order to enter into a more passive posture. We need to allow ourselves to be guided. But be careful. This is not something that we can bring about, but rather something that is given to us little by little. There comes a time when the use of texts in meditation no longer bears fruit. We naturally let go of our written material, to enter into a more passive movement. We contemplate. It is a bit like two lovers seated on a park bench. They initially have a lot to say to each other. Over time things become quiet as with us in prayer. Yet we are there present with God, in communication with him. What interests us is that we are united to God, connected to him.

Amen

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