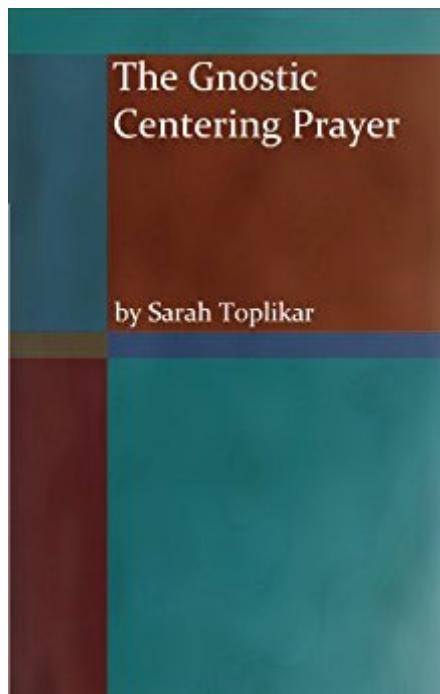


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# **The Gnostic Centering Prayer: A Variation On The Centering Prayer Directly Focusing On The Soul As Awareness**



## **Synopsis**

This is a small booklet outlining how to practice a gnostic variation of the centering prayer, focusing directly on the sense of "I" or "I am" as a vehicle to awaken to one's inner divinity. Unlike more traditional forms of prayer and meditation, this form can be done anywhere, in any situation. It serves as a companion volume to my other work, Seven Gnostic Meditations.

## **Book Information**

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## **Customer Reviews**

I liked this little book because it reveals who we really are. Religions mask it and make it sound like some unattainable goal. Awareness, that's it; Non- conceptual, direct awareness. Realize that and you've got it. This book helps you do that. I have it 4 stars only because I wish it was a little longer

This is a basic guide to Gnostic daily meditative prayer. A good starting off point for anyone that wants to start Gnostic practice. Unfortunately it draws only on the Gospel of Thomas for reference. As a pamphlet that works ok but it doesn't even begin to scratch the surface of the Gnostic tradition. A very basic primer.

Very useful gnostic method, and you can use it instantly in your daily life and situations. Instructions are very clear and friendly written. Also chapter about food, drugs and sim. is interesting, at least from the gnostic perspective.

Great until the additional thoughts section, which was just strange.

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