

Contemplative practice as the doorway to experiencing Trinity



Center for Action and Contemplation

Contemplative practice as the doorway to experiencing Trinity

- Trinity as our reality that can be experienced
- Contemplative practice as our means of experiencing Trinity
- Engaging in contemplative practice together

From Richard Rohr

Trinity names the dynamism that had been growing in me for 30 years. Trinity is not a belief but a very objective way of describing my own **deep inner experience of Transcendence**—and what I will call here FLOW!

My prayer is that you can say, I know this—I've witnessed it to be true for myself.

From Richard Rohr

If we are to believe the Judeo-Christian Scriptures, then the Trinity—a circle dance of love, flow, communion, and relationship—which is the very nature of God, is the template for everything created (see Genesis 1:26-27). Every created thing is the self-emptying of God.

From Richard Rohr

God is not first of all a “being” that loftily decides to love good people and punish bad people; instead Absolute Love stands revealed as the very name and shape of Being itself.

From Richard Rohr

**Being part of the cosmic dance of love can only
be known experientially.**

That's why I teach contemplation and try to use
meaningful religious rituals and practices.

From Richard Rohr

Contemplative practices lead you to a place of **nakedness and vulnerability** where **your ego identity falls away**, where your explanations don't mean anything, where your superiority doesn't matter.

I can **let go**, because I **trust** I will always be filled up again. That is the pattern of reality.

Contemplative Practice



Components of Contemplative Practice

Vulnerability

I open myself wholeheartedly to the immediacy of God's Flow in me.

Holistic presence

I am aware of myself through the sensation of my body, head, and heart.

Surrender

I am aware of all that is arising but I surrender any focus.

Moments of rest

I feel a sense of trust that I am being held and guided by Absolute Love.

Compassion

I watch myself compassionately from a little distance.

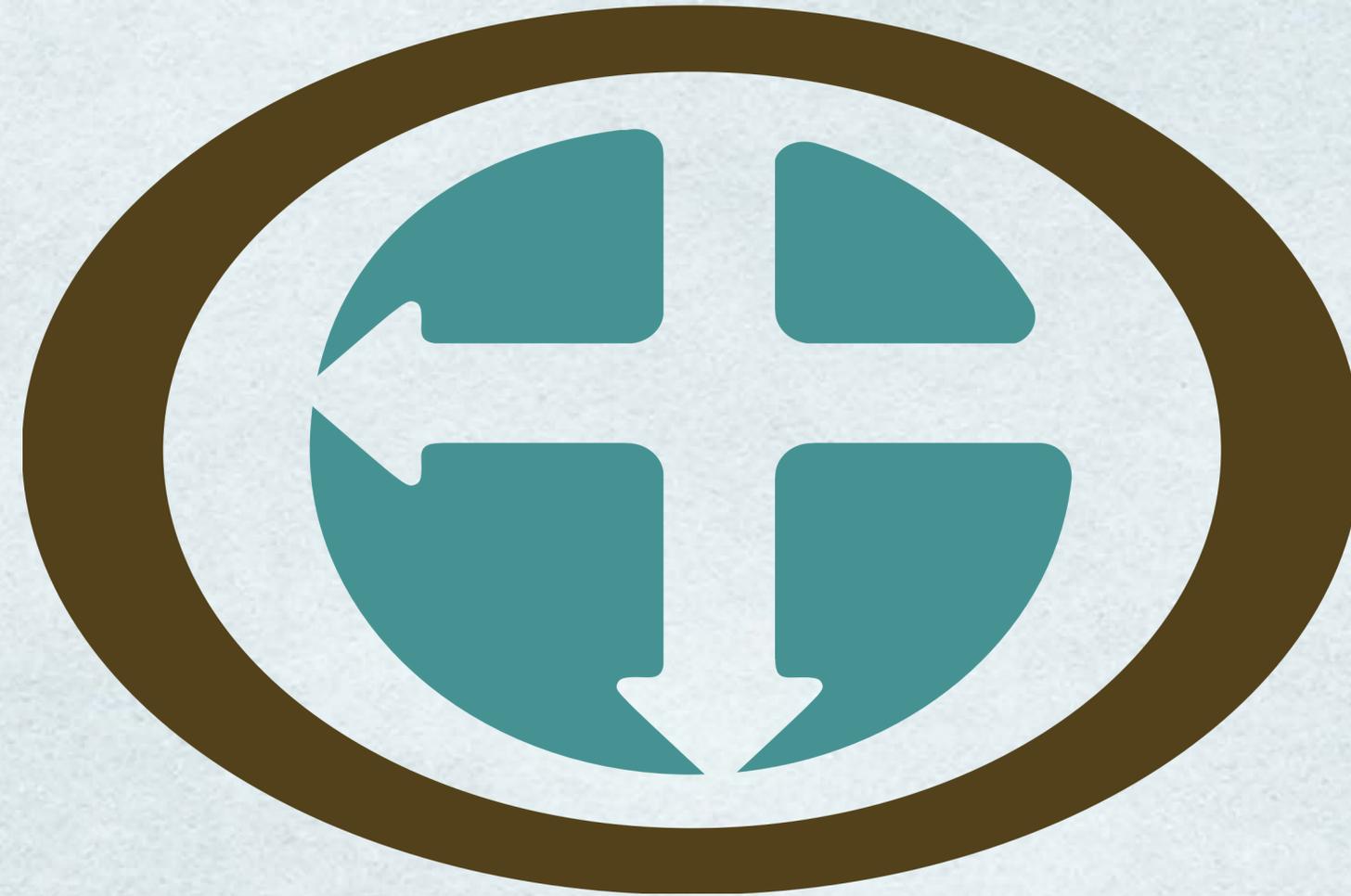
Experiencing Trinity

At first, it does not feel like “me.” It is unfamiliar territory because up to now I thought that my thinking was “me.” I believe this is the meaning of Jesus’ teaching on “losing oneself to find oneself” (see Luke 9:24).

From Cynthia Bourgeault

We practice so we can be fully present to God, and at the same time fully present to the situation at hand, giving and taking from the spontaneity of your own authentic, surrendered presence.

Action and Contemplation



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Practicing During the Conference

We can practice throughout the conference:

- Listening to speakers
- Engaging in contemplative prayer
- Chanting
- Activity sessions
- Moving in and out of spaces

Eventually we participate in all life as a practice of surrendering to this Flow.

From Richard Rohr

As I grow older, faith for me has become a daily readiness to allow and to trust the force field, knowing that it is good, that it's totally on my side, and that I'm already inside of it. How else can I really be at peace?

Experiencing Trinity

Contemplative practice has these components:

- Vulnerability
- Holistic presence
- Surrender
- Moments of rest
- Compassion

Learning and Practicing Together

Chanting

Contemplative Prayer

Movement