

Prayer is personal not just individualistic

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An excerpt from Laurence Freeman OSB, “Dearest Friends” CHRISTIAN MEDITATION NEWSLETTER, vol, 32, no. 2, June 2008, p. 4.

Prayer is personal not just individualistic. That means it is more than revolving around the egocentric concerns of our lives. It is about breaking out of that orbit and making the true and universal centre of reality the conscious hub of our personal universe. Prayer then takes on an increasingly universalist significance as our own worries and troubles are re-configured in a network of relationships held together by compassion and wisdom, the very forces of the soul that lift us out of the basement of the ego to the roof of the soul where we can see the stars.

After meditation: remembered Haiku.

Last night my little hut
burned to the ground.
Tonight, I see the moon.

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