“Contemplative prayer is a process of interior transformation, a conversation initiated by God and leading, if we consent, to divine union. One’s way of seeing reality changes in this process. A restructuring of consciousness takes place which empowers one to perceive, relate and respond with increasing sensitivity to the divine presence in, through and beyond everything that exists.”

“Contemplative prayer is part of a dynamic process that evolves through personal relationship rather than by strategy.”

Fr. Thomas Keating, *Open Mind, Open Heart*

According to Keating :

1) Contemplation **is a gift** **initiated by God**.

2) Contemplation **helps to increase our sensitivity to God**.

3) This increased sensitivity **increases our ability to respond to the divine**.