

Lessons on the Prayer of the Heart : Recollection 1-3

This is a series of lessons on “what we are supposed to do in order to allow the Prayer of the heart to happen”. It doesn't touch on God's reply to us, or to The Gift of himself to us. This aspect will be addressed in the second series of lessons that follow.

These are the topics:

- Recollecting our mind
- Avoiding distractions
- Lasting a long time in the Prayer of the Heart
- What to do during the Prayer of the Heart
- What to do with anything that happens and falls into our consciousness (mind-brain (imagination, images, thoughts,...), emotions (feelings,...)),
- Acquiring the habit of recollecting ourselves, finding God in our centre inwardly, the tools to use (icons, candle,...),...

We will read mainly Saint Theresa of Avila, chapters 26 (recollecting our thoughts), 28-29 (Prayer of recollection).

All what depends on us during the Prayer of the Heart is represented on the Diagram of the Sea by our *movement in the water*, by the offering of ourselves, getting closer to God, adapting our way of acting/behaving interiorly to God's way,...

While reading Theresa of Avila, in two times we will go to St John of the Cross and read him:

- 1- Ascent of Mount Carmel Book II, chapter 29, to see what to do with any light we receive from God.
- 2- Spiritual Canticle, to see how God dwells in us, in the Centre of our Being.

- Theresa of Avila insists on the fact that it is a habit, it is in our hands to do it.
- God is in our centre, and this is a very powerful Truth for spiritual life. It changed her life.
- We need to use means: reading, icon, candle, imagining Jesus beside us, in us, fixing our eyes on Him, talking to Him, being in his presence, offering ourselves to Him, offering Him to the Father,

One could indicate as well the writings of Blessed Elisabeth of the Trinity, and Brother Laurence ocd.

What is the difference between the Our Lady being present and not being present? Aiming the gift of ourselves to her, and not aiming it. Depositing the Gift of ourselves in Her Hands (TChJ). She presents us, offers us, completes, perfects, eases the Act of Offering... makes accepted as well (see Montfort).