

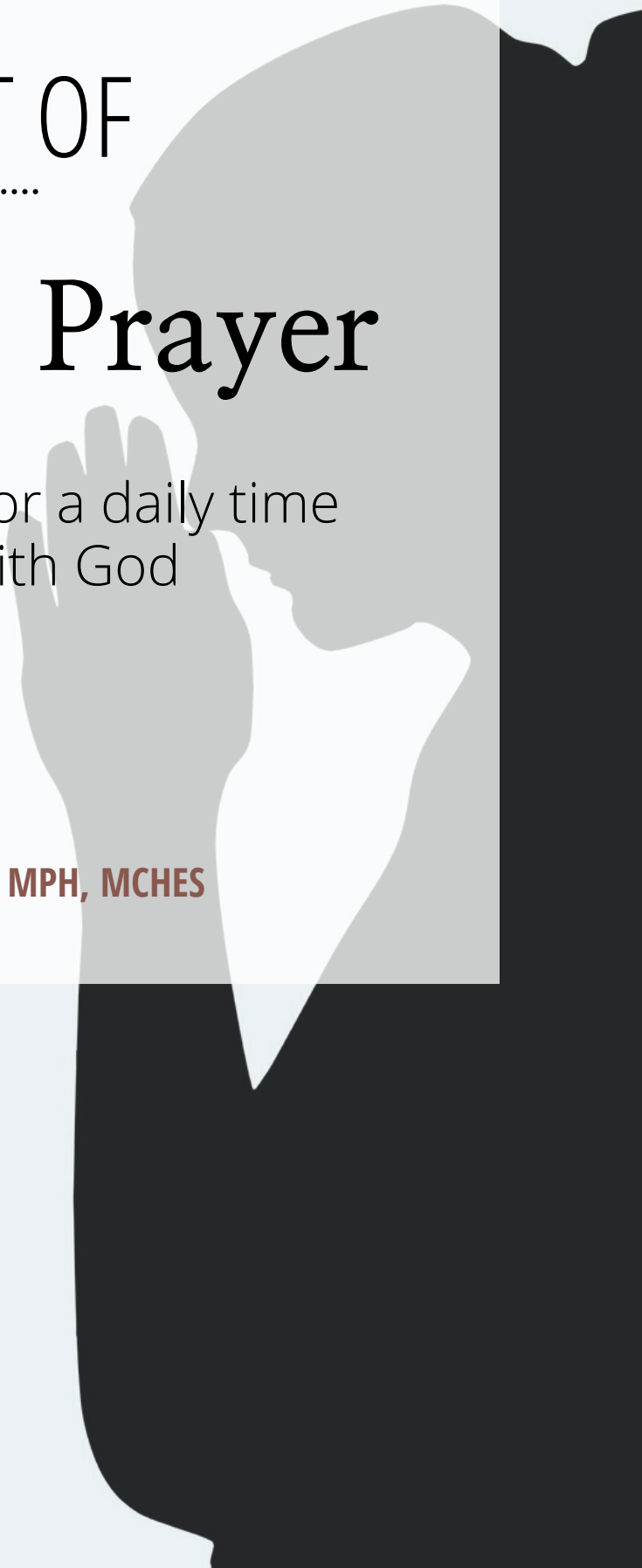
THE ART OF

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Centering Prayer

simple, easy steps for a daily time
of stillness with God

GENEVIEVE O'KEEFE, MPH, MCHES





01 Why Centering Prayer?

When practiced on a regular basis, centering prayer is powerful and calming. It brings the mind into a healthy restful state, able to receive the blessing of relationship with Christ. There are no special postures required. Just find a quiet and peaceful place to be still, relax and rest in the Lord.

Step 1: Lectio Divina



Lectio divina is not Bible study but something different. The practice recognizes Scripture as a meeting place for a personal encounter with God. It's a practice Christians come to with a desire to be changed. As you slow down and read a short scripture passage more than once, it will begin to speak to you in a new way, deepening your understanding of who God is and your relationship with Christ, the Living Word.

Step 2: Anointing with oils



Aromatic oils are a gift from God that can deepen your time with Him. The oils can assist you in entering a prayerful state, bringing focus, clarity and relaxation as you move away from the busy-ness of life and into God's presence. You may choose a single oil or a blend of oils. Apply a drop to the palm of your hands, rub them together, cup them over your nose and mouth and inhale deeply.

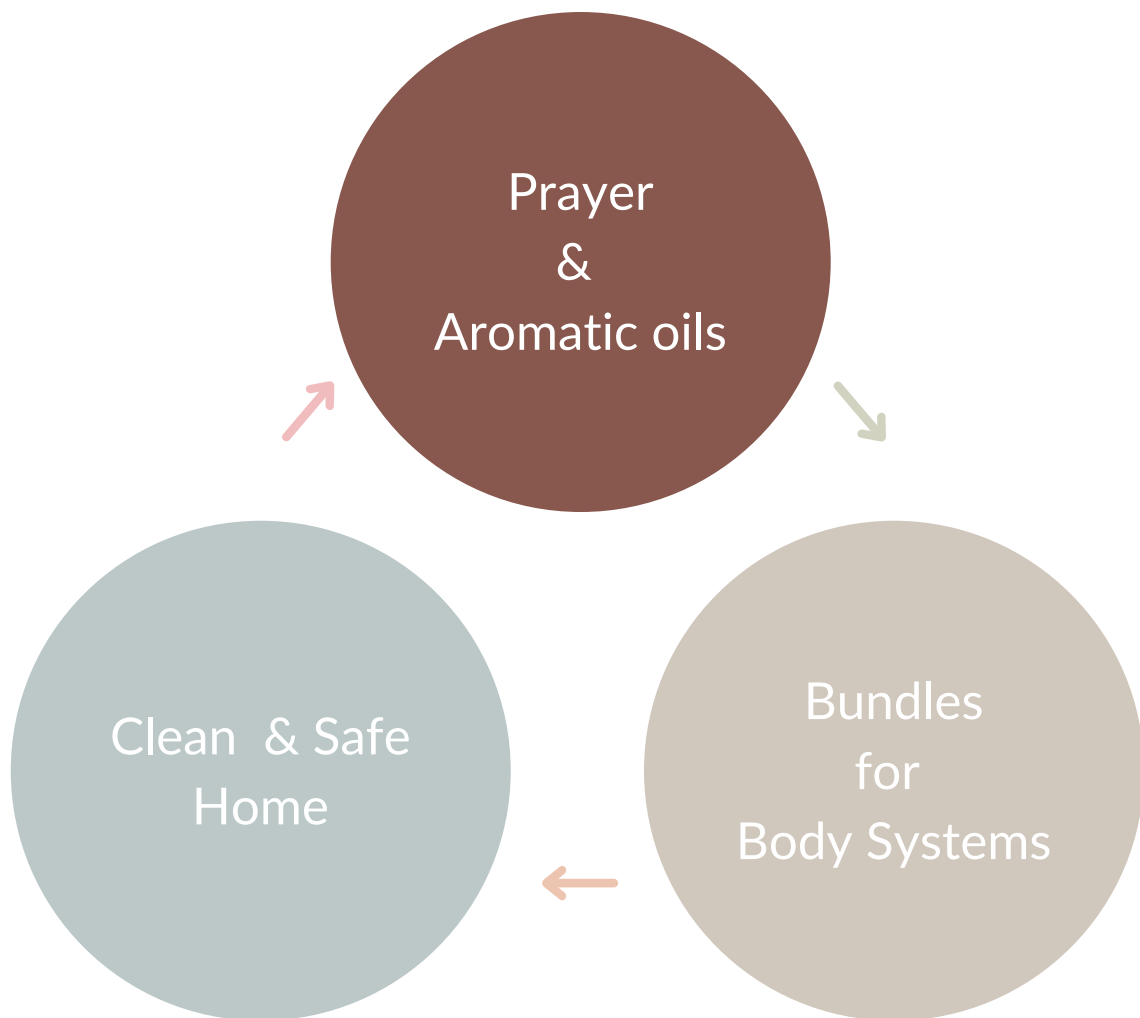
Step 3: Plan for good health



Two of my favorite things to talk about are Christ-Centered faith and healthy living. [Click HERE](#) to set up a time to talk with me about how pure essential oils can help you with both. In less than 30-minutes we'll come up with plan to help you move closer to a healthier life.

MAKE A PLAN

... the strategy: Achieving & Embracing
a balanced life!!



YOU ARE WORTH IT.

Hello!

The Art of Centering Prayer came from slowing down a bit and re-visiting my walk with the Lord. I realized that the busy-ness of life had taken center stage more times than I cared to admit.

When I discovered the joys of anointing my day with aromatic oils, prayer time took on a whole new meaning for me. I felt a greater connection to Christ, a deeper sense of contentment and a desire to be a better steward of my time.

I'm so grateful for the natural products that God has provided for mind, body and spirit. Staying healthy by using God given essential oils alongside prayer and scripture has become such a joy for me.

I've realized that I make a difference in the world and in the lives of others. I feel empowered to change the things I can and accept the things I can't.

So here's your reminder: YOU ARE WORTH IT, YOUR WELLNESS IS WORTH IT. GOD'S PERFECT PLAN FOR YOUR LIFE IS WORTH IT.

To learn more, please click the link below. We can schedule a time to talk and I'll email you my self-assessment tool. In less than 30 minutes, you'll be on your way to greater bliss and balance!

*Peace,
Genevieve*

[click here
to schedule
a phone
consultation](#)



LET'S KEEP IN TOUCH!

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