

THE ART OF

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Centering Prayer

simple, easy steps for a daily time of stillness

DONNA SOOKRAJ

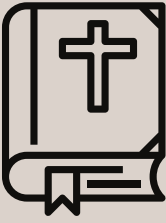


01 Why Centering Prayer?

With all the positives, it only makes sense to make the decision to carve out a little time each day, for centering prayer. Practiced along-side a healthy fitness plan, this type of prayer will develop a mind-body connection that can be realized by no other means. When practiced on a regular basis, centering prayer will be powerful and calming to the nerves as it brings the mind into a healthy restful state. It is not difficult to see how this practice can potentially improve health and in turn promote healthier behaviors.

Plus there are the added benefits of aromatic oils. Because of their thousands of benefits, aromatic oils are able to stimulate deep breathing, therefore improving relaxation during prayer time. There are no special postures required. Just find a quiet and peaceful place to be still, relax and breathe in the aroma of the oils, while resting in the Lord.

Step 1: lectio divina



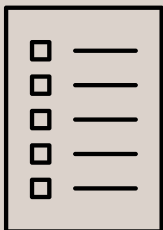
Lectio divina is not Bible study but something radically different. The practice understands Scripture as a meeting place for a personal encounter with the Living God. It's a practice one comes to with a desire to be changed at all sorts of levels. As you slow down and read a short scripture passage more than once, it will begin to speak in a new way to you while deepening the union you desire with God, through Christ, who is Himself the Living Word.

Step 2: anointing with oils



Aromatic oils are a gift from God that will deepen your special time with Him. To assist you in entering a prayerful state, use oils that will bring focus, clarity and relaxation as you strive to move away from the busy-ness of life and into God's presence. You may choose a single oil that seems perfect for that moment, or you may choose a blend of oils. Simply apply a drop to the palms of your hands, rub them together, cup them over your nose and mouth and breathe in deeply.

Step 3: plan for good health



Two of my favorite things to talk about are healing from the inside out, addressing the core issues of the various body systems, and Natural Living. [Click HERE](#) to set up a time that will be good for you. In 5-minutes we'll have you knowing exactly what your body needs, so we will have plenty of time to talk about Natural Living.

MAKE A PLAN

... the best strategy: Achieving + Holding on to a happier, healthier way of living life!!



YOU ARE WORTH IT!

Hey! I'm Donna

The Art of Centering Prayer came from slowing down a bit, re-visiting my walk with the Lord, realizing what a fulfilling time it had been, but also knowing that the busy-ness of life had taken center stage more times than I cared to admit. When I discovered the joys of anointing with the aromatic oils, prayer time took on a whole new life for me. I felt a deeper sense of joy and was filled with the desire to take better care of the life given to me. The best choice I made was that of educating myself on the topic of a holistic kind of wellness, healing for the whole self, for the mind, the body and the spirit.

Four years later, I am so much wiser concerning the importance of care for the whole self using healthy God designed products. I have realized that I can make a difference in the quality of life, seeing the things I can change + learning to accept the things I can't. Staying healthy has become such a joy for me, and I am excited to share what I have learned with you. You are worth it, your wellness is worth it.

I would be honored to share the body systems assessment I mentioned earlier. Let's make some time to visit + I'll get my simple assessment tool over to you A.S.A.P. and in 5 short minutes, you can know what your body currently needs.



[click here](#)
to schedule
a chat

xoxo

Donna

LET'S KEEP IN TOUCH

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