

**Cataphatic Prayer** (in Greek means 'intensely affirmative/suggestive', 'speaking')

Prayer = saying words and/or thinking thoughts

Using our faculties

Engages reason, memory, imagination, feelings, words, will, symbols, body

More left-brain (depends on analytics, mental constructs)

Discursive, language-based

Emerges from ego - unique personalities, gifts, abilities, capacities to create

Ignatian meditation / guided meditation

Spirituality of addition, attention

"ordinary awareness"

"Talking to God" prayer

Prayer of the mind

Suggestive about the presence of God

"thumos / thymos" (Greek) - vigour / spiritedness; arousing emotions, exciting

**Apophatic Prayer** (in Greek means 'other than speaking')

Prayer = without thinking, without images, without words

Does not make use of our mental & physical faculties

Bypasses capacities for reason, memory, imagination, emotion, words, will, symbols

Paradox: May feel empty, absence of God, nothingness but ...

far from formless, purposeless or empty

Via negative - way of negation

Spirituality of subtraction (notion from Meister Eckhart)

Truth of self and God emerges from letting go, releasing, detaching from attachments

The intention itself to release is the faithfulness, the stepping into the flow

Centering Prayer / Christian Meditation

"spiritual awareness"

"Listening to /Waiting for God" prayer / value silence, stillness, solitude

Poverty of spirit - "Blessed are the poor ... "

Consciousness beyond the limits of the mind

Prayer of the heart / 'pure prayer' / prayer of descent

Prayer that takes us 'off the boil' of the emotions