

Living The Resurrection

A Christ Centered Prayer Course

Tuesdays April 23 to May 28, 6 to 7 pm.

All Saints' Episcopal Church
3026 S. Staples St., Corpus Christi, TX 78404

Christ Centered Prayer is a contemplative meditation practice which relies on the Holy Spirit in the name of Jesus Christ. It leaves off mantra, word, breath and other meditative aids to take you on a direct path through your Spiritual Heart Center to the Holy of Holies within your being. You are the One of God, the Beloved of God. Realizing this, you live a resurrected life of your true nature as all loving, all forgiving, all compassionate. Join Mary Carpenter on a journey to your Spiritual Heart Center, to the silence within that reveals all.

Teaching materials:

We will be using the book *Jesus Christ: Teacher* by Carla R. Mancari – available on Amazon.com.

Mary Carpenter has been a Christ Centered Prayer teacher and guide for 10 years. This simple, yet profound practice has transformed her life into one of complete trust of the Christ within and a recognition of Jesus as a current day teacher, master and friend.

For more information contact Mary, 361-813-1763 or his@yogamary.net.

