

Discovering the Mystery of Prayer

With Meditation



Discovery does not begin with knowing, but with the release of what we think we know. It begins with unknowning and then not-knowing. This workshop is an inquiry into the nature of prayer that can lead to the discovery of great mystery.

*Can you begin with a fresh perspective?
Can you rest in the empty darkness with an open inquisitive mind?
Can you open your heart and look into the mystery?*

(Bring your own Organic Lunch)

To Register or for
Information: 720-984-9512

Saint Theresa's prayer:

*May today there be peace within.
May you trust God that you are exactly where you are meant to be.
May you not forget the infinite possibilities that are born of faith.
May you use those gifts that you have received,
and pass on the love that has been given to you.
May you be content knowing you are a child of God.
Let this presence settle into your bones,
and allow your soul the freedom to sing, dance, praise and love.
It is there for each and every one of us.*

The intention of this workshop is not to teach anything. By pointing to the kingdom of heaven that lies within you by pointing to your Buddha nature, we step upon one possible path to the gateless gate through which Christ can enter your life — where mystery opens in vastness like the beauty of the morning sky.

As **Father Anthony de Mello** said so well:

*The way to Unity with God is through Silence.
What is Silence?
Meditation
What is Meditation?
Silence.*

Do you see the cup as half empty or half full?

“If I surrender and move completely into the empty, silence of the soul, then the mystery of God’s Grace moves through me into this life”. -- doshin



Rev. doshin mj nelson is a poet, writer, speaker, teacher and Zen priest of no rank. He is the founder of [Integral Zen](#) a Colorado Zen Center and co-founder of the [Poetry of Dying Project](#), which provides workshops and support for those deeply affected by a brush with dying, as well as those who choose to look into the mirror of death and then re-examine the quality and direction of their own lives.