



The Gnostic Centering Prayer: A Variation on the Centering Prayer directly focusing on the Soul as Awareness

Sarah Toplikar

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This is a small booklet outlining how to practice a gnostic variation of the centering prayer, focusing directly on the sense of "I" or "I am" as a vehicle to awaken to one's inner divinity. Unlike more traditional forms of prayer and meditation, this form can be done anywhere, in any situation. It serves as a companion volume to my other work, *Seven Gnostic Meditations*.

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