

CONTEMPLATIVE OUTREACH OF COLORADO

**CREATING SELF COMPASSION THROUGH
CENTERING PRAYER**



A foundational gift of practicing centering prayer is that we also begin caring for our mental and emotional well-being during our prayer sits. Fortunately, this is also one definition of self-compassion. Frequently, we start noticing this gift with a simple thought like, “my days feel better since I began centering prayer.” Centering prayer creates self-compassion because it requires us to learn and repeat the process of awareness (being present), acceptance, and letting go while consenting to the presence and action of the Divine within us.

Over the six weeks, we will explore the physical changes centering prayer brings about in our brains. Then, we will explore the corresponding mental, emotional, and spiritual transformations resulting from those changes. Most importantly, in every class, we will practice those tools for creating self-compassion by discussing what we experience; we will learn from each other.

About Blair Ashby

Through personal relationships with Fr. Thomas Keating and Fr. Tony D’Souza (Anthony DeMello’s apprentice), and the dozens of spiritual teachers he has recorded, Blair has gained deep contemplative insights. He has practiced centering prayer and self-compassion for the past twenty-eight years. Blair now teaches Self-Compassion and Communication at a trade school, a US Army base, and to dozens of private clients worldwide. Blair always learns alongside the students in his seminars, and we at Contemplative Outreach of Colorado look forward to the new sense of spirituality he brings to us as a community.

**PRESENTED BY
BLAIR ASHBY**

An Online Event

Thursdays
Oct. 9 – Nov. 13, 2025

10:30 am – 12:00 pm MDT

Cost: \$75

Scholarships Available
Apply Online

Register at:

[https://www.centeringprayer.net/
CreatingSelfCompassion](https://www.centeringprayer.net/CreatingSelfCompassion)



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