

with Father Dave Pinto

Second Sunday of Lent

Accessing The ‘Inner Room’ Of Our Soul

Last week we studied about the ‘E’ in ECORSA, which is an encounter with God. It is the first part of a calling to repentance or transformation or both. This encounter, or jolting experience happens in the desert of our “inner room” of our soul and bursts forth into our ego-controlled consciousness as what is referred to as a ‘peak experience.’ A good objective for Lent is to seek ways of bringing our subjective ego (our identity in the space-time continuum) into union with our objective soul, in which the soul is allowed to freely direct our ego.

This week we are looking at the ‘C’ which is the commission or task that God is giving one in His calling. The first commission or task is the same as Moses: “...take off your shoes and kneel here and pray, for this is hallowed ground.” Our first task in our call is once we have encountered God, is to learn how to communicate with Him—we do this through prayer. And the center of our prayer is the same place that we encounter God—the “inner room” of our soul. A method to enter into the ‘inner room’ of our soul is to seek out solitude in the busyness of our daily routines. Solitude requires the ability to be in a place of stillness. Where in our homes, is there a place where we can be immersed in stillness? One possible place is a Prayer Center; a place, in your home, that is set aside for the expressed purpose of prayer. A place that everyone in the home knows is for God. Once you have established your place of prayer, you are ready to begin your journey into your desert, located in ‘inner room’ of your soul.

1. Choose a place where you can sit quietly, comfortably, for fifteen minutes or more.¹ It might help to set a timer, but this can be distracting because you will, most likely, end up focusing on the timer itself. One who is not experienced with stillness will find even thirty seconds a long time.
2. Read a short passage from Scripture, or other spiritual reading; then put the reading aside.
3. Close your eyes, focusing your gaze on a candle flame, an icon, or peaceful image. Allow yourself to feel the presence of God, a God who yearns to be close to you. Keep this up for as long as you can without losing focus. For the beginner, no more than five to eight minutes total. Remember, it is enough to be relaxed and quiet in the presence of God, ready to receive and return God’s loving glance.
4. In the beginning attempt shorter periods, with more frequency. This process will naturally reverse itself as your prayer life grows and deepens in the presence of God.

¹ The beginner to meditation should start out with five minutes, then once used to that time, while maintaining focus, the prayer can start adding thirty second intervals to your prayer time.