

# The Wisdom Way of Knowing

by The Rev. William Redfield / Originally published in Spirit Journal August 2016

Often we may think of our Centering Prayer as our own meaningful expression of personal devotion and piety. Besides giving us a means for reverence in this way, Centering Prayer gives us the space and opportunity to pause in our busy lives, to significant personal effect. Indeed, many of us have noticed that an ongoing commitment to the daily discipline of Centering Prayer has seemed to soften our temperament and to deepen our perspective on life. And all this is very, very good.

But what is it that we are specifically offering to the universe through our prayer (and our developing active life in the world)? What if, besides just an expression of our own personal devotion, we had a deepened sense of where we are in the evolution of things and the purpose that Centering Prayer might be having in this “threshold moment” in which we are living? Might that not redouble our commitment to our Centering Prayer practice and deepen our understanding of how and why it is so critically important now?

We certainly seem to be at a tipping point in the unfolding of consciousness on our planet. The esoteric tradition says that, over the course of human history, the underground stream of Wisdom has come to the surface to assist humanity when the world is undergoing monumental changes or unusual challenges. Both seem to be true right now.

If there is some truth to these claims—I certainly believe that there is—then the Wisdom tradition has an essential contribution to make to our time. But access to Wisdom is unlike other bodies of knowledge; it is state-dependent. That is—rather than a body of information, theory, or doctrine—it is more a way of knowing. So, it must be practiced in order to be apprehended and understood.

Centering Prayer and Wisdom practices can assist our human growth in the direction of integral wholeness. But more than just for us and for our own growth, it can be argued that this Wisdom work is for the benefit of greater humanity and perhaps the entire universe.