



## **ROOTED Integration Guidelines: Contemplation + Positive Intelligence® (PQ)**

Partnering with the Holy Spirit in Renewing the Mind, Restoring the Soul, and Returning to Presence

### **Purpose of This Guide**

This short guide offers a clear, biblical, and experiential integration of Contemplative Prayer and Positive Intelligence® (PQ) as they converge within the ROOTED Coaching Framework. Designed for coaches, leaders, and clients, it explains how these practices partner with God's Spirit to expose inner saboteurs, cultivate stillness, and restore spiritual awareness.

### **Why This Integration Matters**

In today's world, many believers live disconnected from God's active presence due to hurried minds, reactive patterns, and deeply ingrained thought loops. PQ helps surface these automatic mental habits—the Saboteurs—while Contemplative Prayer creates space to consent to God's healing presence.

Together, they awaken what Thomas Keating called the “Divine Indwelling” and what Paul called being “transformed by the renewing of your mind” (Romans 12:2).

### **Framework of Integration: The ROOTED Phases**

#### **REFLECT – Awakening Awareness through Stillness and Mental Insight**

- - PQ Focus: Recognize and label saboteurs (e.g., Avoider, Hyper-Achiever, Controller)
- - Contemplative Focus: Observe interior movements without judgment, reaction, or retaliation
- - Scripture: Psalm 139:23 – 'Search me, God, and know my heart; test me and know my anxious thoughts.'
- - Practice: Use the sacred pause and simple breath prayer to notice what's surfacing



### **OWN – Naming Patterns, Reclaiming Identity**

- - PQ Focus: Own the internal thought patterns that sabotage your peace and clarity
- - Contemplative Focus: Surrender inner scripts to God through sacred consent
- - Scripture: 1 John 1:9; Psalm 130:4
- - Practice: Use a sacred word (e.g., 'Jesus', 'Here I am') to return to presence when shame or blame arises

### **OVERCOME – Training the Mind to Reframe Through Truth and Stillness**

- - PQ Focus: Activate the Sage brain through empathy, curiosity, and laser focus
- - Contemplative Focus: Let God's presence do the deeper healing beyond human understanding
- - Scripture: 2 Corinthians 10:5; Isaiah 30:15
- - Practice: Combine PQ reps with 5–10 minutes of Centering Prayer to retrain reactivity

### **TRANSFORM – Embodying New Ways of Being in Christ**

- - PQ Focus: Shift from performance to purpose using Sage powers
- - Contemplative Focus: Live in alignment with the Holy Spirit's movements
- - Scripture: Romans 12:2; Ephesians 4:24
- - Practice: Daily sacred pause and Scripture reflection through Lectio Divina

### **EQUIP – Practicing and Anchoring in New Habits**

- - PQ Focus: Create sustainable practices to reinforce new brain pathways
- - Contemplative Focus: Root daily rhythms in silence, stillness, and presence
- - Scripture: Colossians 3:16; James 1:22
- - Practice: Use PQ reps during stress; anchor them in sacred pauses

### **DEPLOY – Living Rooted and Sent**

- - PQ Focus: Lead or react to others from presence, not from triggers or pressure
- - Contemplative Focus: Become a non-anxious presence, formed by stillness
- - Scripture: John 20:21; Philippians 4:5
- - Practice: Return to God's presence throughout the day



## Closing Reflections

“God’s first language is silence. Everything else is a poor translation.” —Thomas Keating

“But Jesus often withdrew to lonely places and prayed.” —Luke 5:16

In the ROOTED journey, PQ clears the clutter. Contemplative Prayer creates communion. Together, they restore believers to their True Self in Christ, empowering Spirit-led living marked by discernment, compassion, and joy.

## Resources to Support the Journey

- - 7-Minute Sacred Pause Practice (Audio & PDF)
- - Centering Prayer Introduction Guide
- - PQ for Christians Podcast & Community