



Living From Divine Presence

How the Contemplative Life Completes the Journey from Mental Fitness to Spiritual Communion

“Therefore, brothers and sisters, since we have confidence to enter the Most Holy Place by the blood of Jesus... let us draw near to God with a sincere heart and with the full assurance that faith brings...”

— *Hebrews 10:19, 22 (NIV)*

In previous articles, we explored how God utilizes Positive Intelligence®® (PQ) as a bridge to deeper transformation—from clearing mental clutter to building spiritual resilience to preparing hearts for lasting renewal. But now we come to the greatest invitation: not simply to be renewed, but to live from God’s presence.

The finished work of Jesus tore the veil that once separated humanity from divine intimacy (Hebrews 10:19–25). Yet many Christians still struggle to dwell in that presence. They long for communion but remain distracted, fragmented, and exhausted by inner noise. This final article explores how embracing the contemplative life, particularly through the integration of PQ and Centering Prayer, can lead believers into a life rooted in divine presence, where faith is not merely practiced but truly lived.

I. The Finished Work: Access Has Already Been Given

At the heart of the gospel is this profound truth: through Christ’s death and resurrection, we have been granted direct access to the Holy of Holies—not someday, but now.

- The veil has been torn (Matthew 27:51).
- Our consciences are cleansed (Hebrews 9:14).
- We are invited to draw near to God with full assurance (Hebrews 10:22).

Yet access does not guarantee awareness. Many believers continue to live as though the veil is still present, hindered by the saboteurs of fear, self-doubt, anxiety, and mental resistance. While salvation provides entrance, it is through spiritual formation—and particularly the contemplative path—that we learn to *remain* in that presence.



II. From Mental Fitness to Spiritual Communion

Positive Intelligence® (PQ) offers a powerful method for quieting the noise of the False Self and exposing the inner saboteurs that distract people from God's voice. However, PQ was never meant to be the end for believers—it is a bridge.

- PQ clears the inner storm.
- Centering Prayer invites the stillness of God.
- Together, they lead to *abiding* in divine presence.

The contemplative life does not replace mental fitness—it deepens it. As the mind grows quiet through PQ practices, the soul becomes more receptive. Centering Prayer builds upon this receptivity, helping believers let go of control, rest in God's love, and remain open to His presence, moment by moment.

Key Insight: PQ clears the path; Centering Prayer anchors us in the Presence.

III. Embracing Contemplation: A Pathway to Presence

In the book *Embracing Contemplation*, editors John H. Coe and Kyle C. Strobel reclaim the ancient Christian practice of contemplation—not as escape, but as engagement with God's indwelling life.

- Contemplation is a posture of **receiving**, not **achieving**.
- It is the Spirit-led process of being **formed in Christ** from the inside out.
- Rather than striving for spiritual results, contemplatives **rest in God's presence** and **trust Him to transform**.

Contemplation is not a mystical alternative to discipleship—it *is* **mature discipleship**. It is the fruit of a surrendered, spacious life where God's voice becomes clearer, love becomes fuller, and life becomes rooted in being rather than doing.



IV. Contemplation and Counseling: A Model of Holistic Transformation

In *Contemplation and Counseling*, P. Gregg Blanton provides empirical and theological support for integrating contemplative prayer into the process of healing. He identifies three key relational dimensions that contemplation strengthens:

1. **Relationship with Self** – Through stillness and letting go, we become aware of our attachments, false identities, and emotional entanglements. Centering Prayer helps us return to our True Self in Christ.
2. **Relationship with Others** – As we become less reactive and more anchored in divine love, our relationships shift. We move from performance and control to presence and compassion.
3. **Relationship with God** – No longer do we seek God merely for **answers or outcomes**. We seek Him for **His presence alone**. Contemplation becomes communion.

These insights align deeply with the mission of the [ROOTED Framework](#). While counseling and coaching serve different purposes, Blanton's model affirms that contemplative practices, such as Centering Prayer, are essential for any form of spiritual renewal that impacts all dimensions of life.

V. Living From the Presence: The Goal of the Journey

Mental fitness clears the static. Coaching helps us grow forward. But Centering Prayer teaches us to *stay*. To abide. To return again and again to the One who has already made His home within us.

- We are not merely called to **practice faith**—we are invited to **dwell in God's presence**.
- We are not just developing a healthier mind—we are becoming **vessels of divine love**.
- We are not alone—God is always with us, and Centering Prayer teaches us to live in **awareness** of that sacred truth.

Final Reflection:

The journey does not end with breaking free from saboteurs. It culminates in communion. The contemplative life is not a detour—it is the destination. A life lived from divine presence.



Next Step: Let the Presence of God Lead You Forward

The invitation is simple yet profound:

- Let PQ clear the path.
- Let Centering Prayer keep you grounded.
- Let the Holy Spirit guide you deeper.

The journey does not end with breaking free from saboteurs—it culminates in communion. You were not made to visit the Most Holy Place occasionally. You were made to live there.

In the final article of this series, discover how the ROOTED framework unites these insights—spiritual renewal, contemplative practice, and mental fitness—into a Spirit-led movement of transformation.