

Silence Speaks

Cultivating The Inner Life



Caretakers Observation of Lent

Friday, February 20, 2026

Prayer Is the Consent to God's Presence Within

In all spiritual traditions whose purpose is to unite the inner and outer being; the material and the spiritual, the primary technique is to "turn in." And prayer, meditation and contemplation are the most effective ways to do so. As a special gift to the Silence Speaks Caretakers Group I am attaching a link to an audio-visual 55 minute prayer session. The first 25 minutes are contemplative versions of the Rosary and the Light of Christ Healing Prayer. The final 30 minutes is the chant Om Jesu Christi. Relax. Listen and know that by invoking the Essence, the Name of a Sacred Being, you are awakening their presence deep within you.

Only Love, Jerry

<https://www.dropbox.com/scl/fi/890mtvdxn0b9fhf0cc50o/Caretakers-Group-Prayer-v26.mp4?rlkey=4vymq6wwealtbbo7oijpbncou&st=wesgjptu&dl=0>