

The background of the image is a soft, misty landscape. On the left, a dirt path winds through a forest of tall, thin trees. The ground is covered in low-lying green and yellow vegetation. On the right side, a bright sunburst effect emanates from behind a white, jagged silhouette of a tree branch, casting rays of light across the scene. The overall color palette is muted and natural, with soft blues, greens, and yellows.

BEYOND THE NOISE:

The Contemplative Path Workshop

By Efrain Brady

© 2026 Efrain Brady
pathstointegration.com

Introduction

- This practice invites us to move from attention focused on contents (what we see, feel, or think) to the recognition of the Conscious Space that welcomes them all.
- It is not a technique to achieve something, but an exercise of noticing, a return to what is essential.

Inner Attitude

- Before beginning, it is important to remember:
- We are not trying to control the mind
- We are not trying to eliminate thoughts
- There is no “correct” experience to attain
- 🙌 The key is an attitude of openness, gentleness, and non-effort.



FIRST PART – EYES OPEN

From Objects to External Space

Posture

- Sit comfortably, with the spine upright and relaxed
- Hands resting naturally
- Breath free, without modifying it

Attention on Objects

- Keep your eyes open, with a soft gaze
- Notice the objects appearing in front of you:
 - shapes
 - colors
 - Volumes
- 🙌 Do not analyze or judge. Simply see.

Recognizing the Space Between Objects

- Without stopping seeing the objects, allow attention to shift toward:
- the background
- the space between objects
- the apparent “emptiness”
- 🙌 Objects remain present, but they are no longer at the center.

Open Visual Field

- Allow the entire scene to appear as a single field
- Rest attention in the space that contains everything
- Remain here for a few moments



SECOND PART – EYES CLOSED

From Inner Objects to Inner Space

Closing the Eyes

- Gently close your eyes
- Allow the body to relax a little more

Recognizing Inner Objects

- Notice what now appears:
- bodily sensations
- sounds
- emotions
- thoughts
- 👉 Do not linger on any of them.
- 👉 Simply recognize: “this is appearing.”

Recognizing Inner Space

- As before, release attention from the contents
- Recognize the silent space in which everything appears
- Do not look for it as an object
- Allow it to reveal itself

Essential Recognition

Remain in silence for a few moments and observe:

- Thoughts come and go
- Sensations change
- Emotions move
- 🙌 And yet, the Conscious Space remains.
- Allow this understanding to arise gently:
- I am not what appears.
- I am the Conscious Space in which everything appears.
- Do not repeat it as an idea.
- Let it rest as silent evidence.

Closing

Before finishing, recognize:

- This awareness is not something special created during meditation
- It is what we are at every moment
- 🙌 The practice consists of remembering this, again and again, in daily life.
- Gently open your eyes when needed, carrying this attitude of presence with you.

Practical Recommendations

- Suggested duration: 10–20 minutes
- This practice can be done:
 - in silence
 - with gentle guidance
- 🙌 If the mind becomes distracted, it is not a problem, noticing it is already presence.

OTHER METHOD

- A Contemplative Prayer Method
- A simple guide for practice



1. Preparing the Body

- Prayer begins in the body:
- Stable and comfortable posture
- Upright spine without rigidity
- Eyes closed or gently open
- Releasing conscious tension
- 🙌 The body is the first place of reconciliation.



2. Becoming Aware of the Breath

- Without controlling it
- Observing its natural rhythm
- Feeling the air enter and leave
- 🙌 Do not “do” the breathing—let it happen.



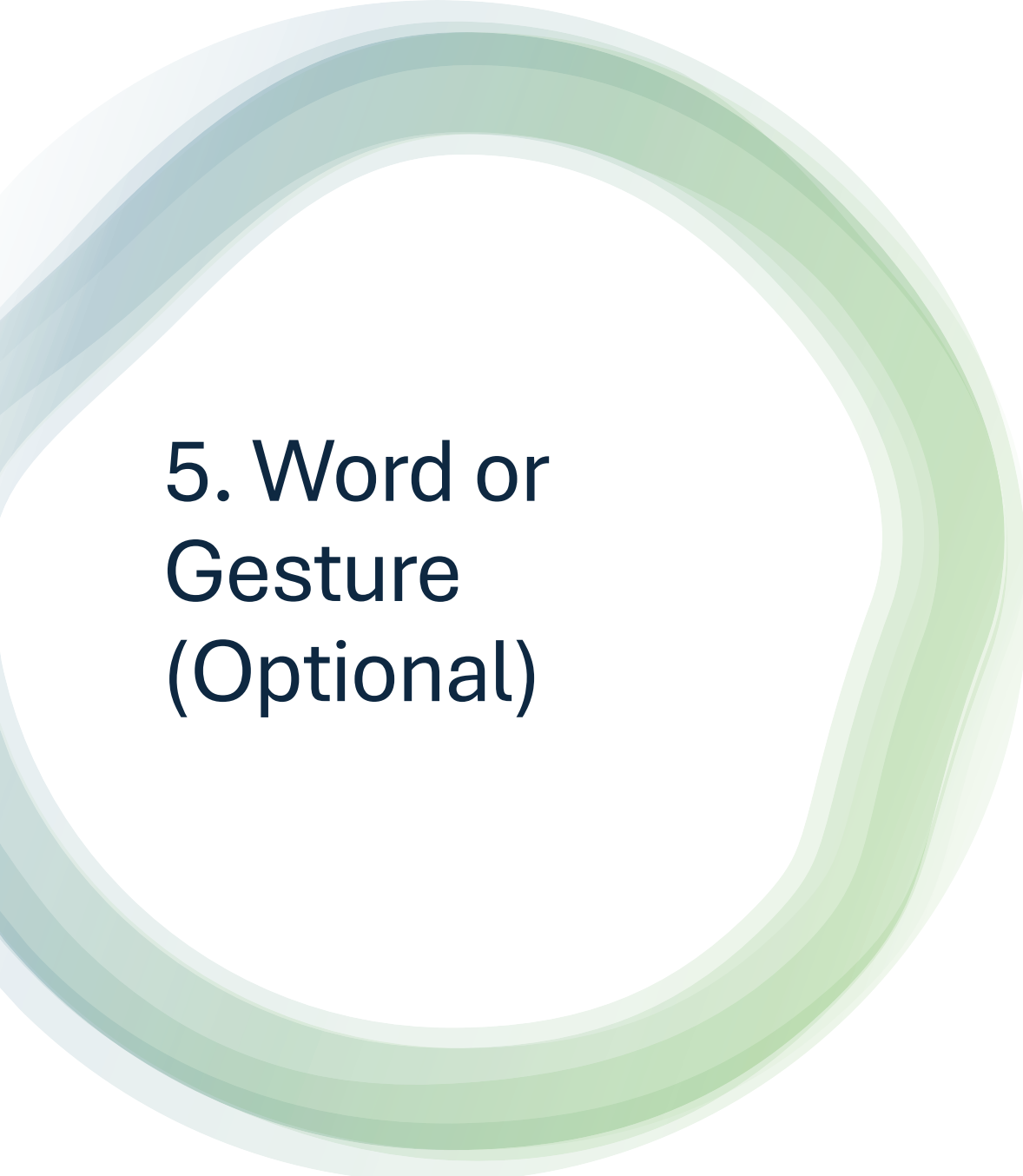
3. Dwelling in the Present Moment

- Bodily sensations
- Nearby and distant sounds
- Contact with the floor or the chair
- 🙌 Everything is welcomed without judgment.




4. Loving Attention

- The heart of the method:
- Benevolent attention
- Gentle, open, effortless
- 🙌 This is not tense concentration;
- it is loving presence.



5. Word or Gesture (Optional)

- Only if it helps:
- A simple word: Jesus, Abba, Peace
- Or an inner gesture of surrender
- 🙌 The word is not the center,
Silence is.



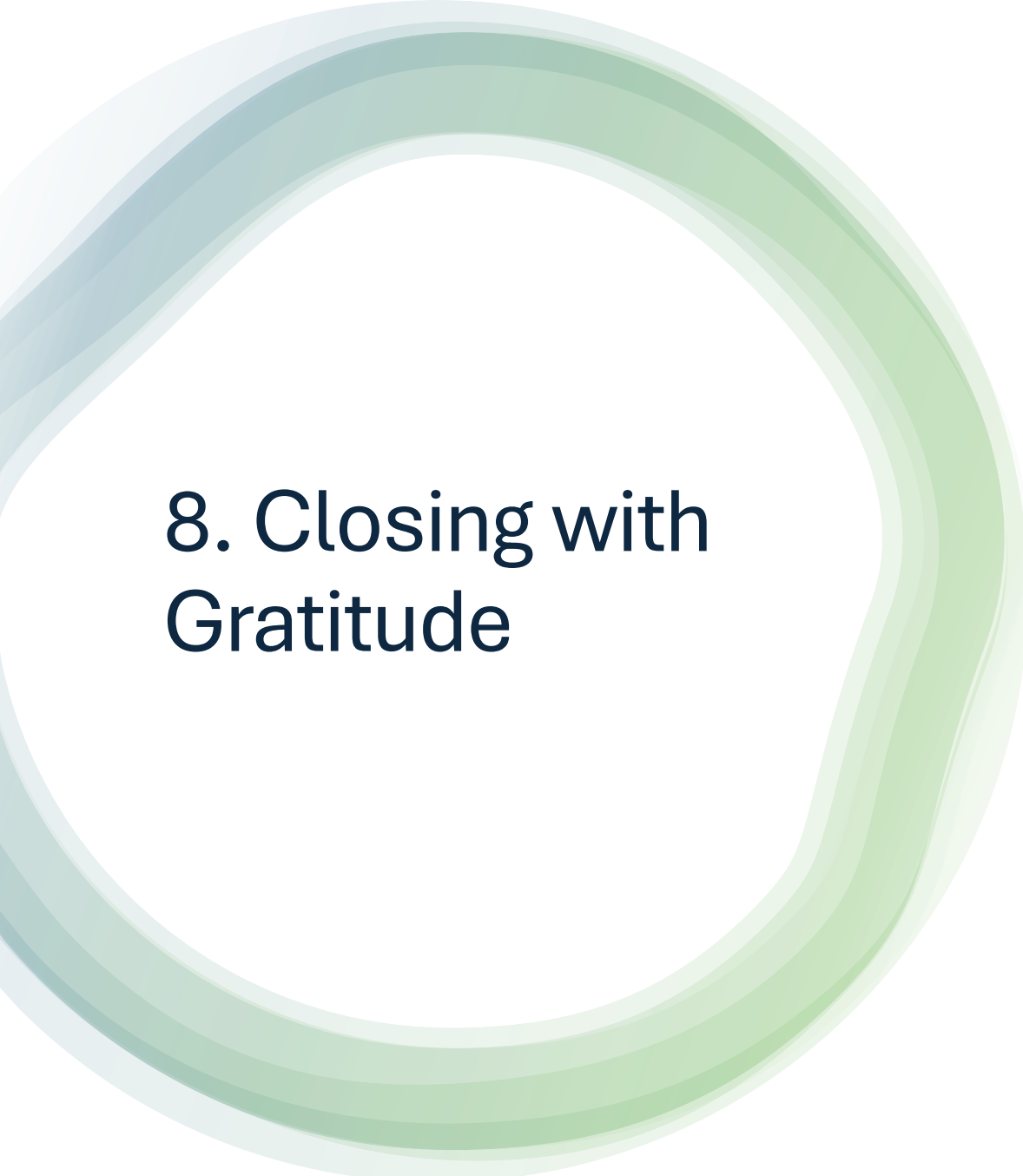
6. Welcoming Distractions

- Thoughts and emotions will arise
- Do not reject them
- Do not follow them
- 🙌 Nothing interferes with prayer
- when it is welcomed with humility.



7. Remaining in Silence

- When attention becomes still:
- Do not seek experiences
- Do not create states
- Simply be
- 🙌 Prayer becomes receiving.



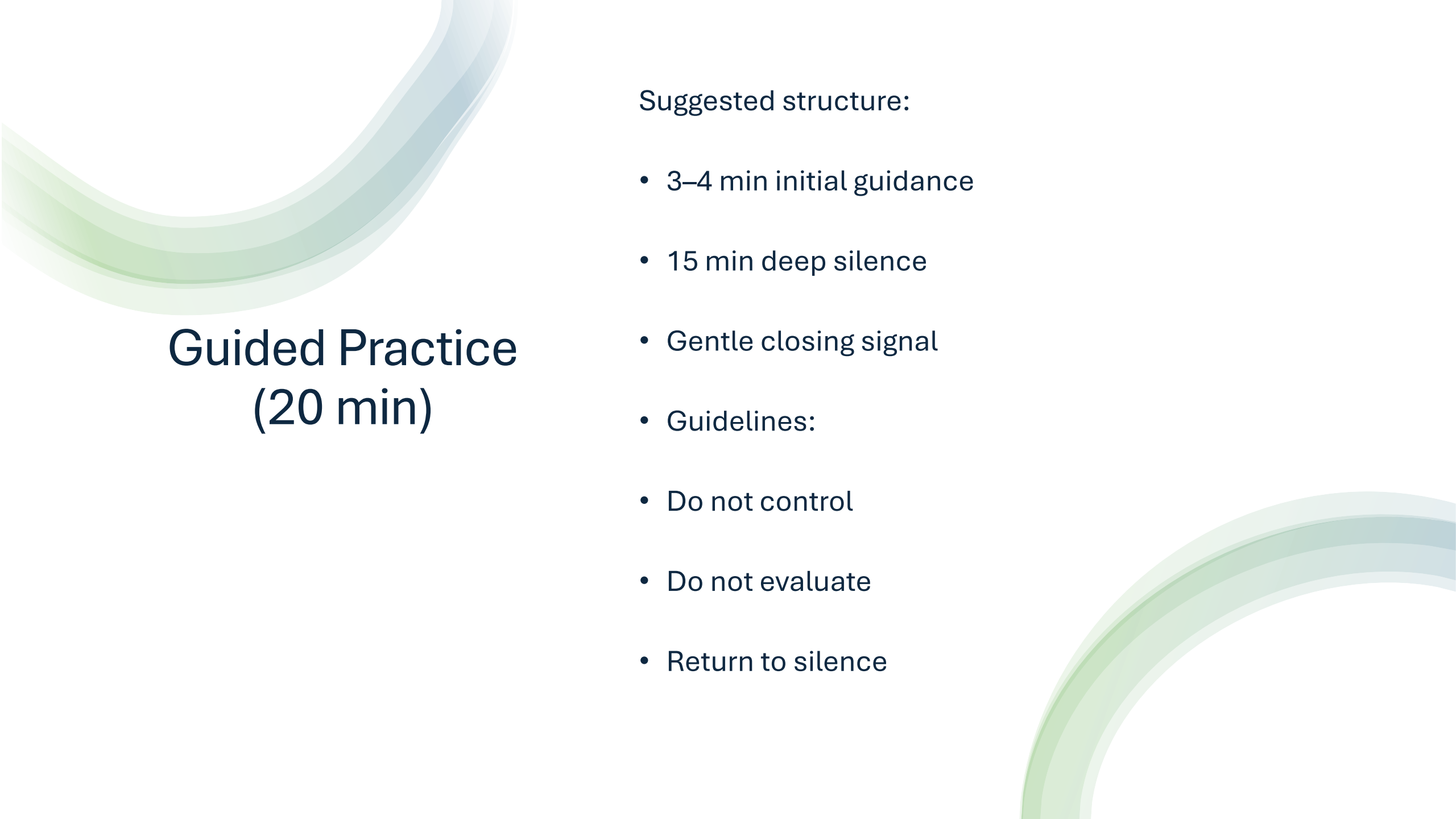
8. Closing with Gratitude

- Become aware of the body
- Offer inner gratitude
- Return slowly to activity
- 🙌 Contemplation continues in life.



Fundamental Attitudes

- More important than technique:
- Trust
- Patience
- Perseverance
- Humility
- Acceptance of the process




Guided Practice (20 min)

Suggested structure:

- 3–4 min initial guidance
- 15 min deep silence
- Gentle closing signal
- Guidelines:
 - Do not control
 - Do not evaluate
 - Return to silence



Recommendations

- Practice 10–20 minutes daily
 - Create a space of silence at home
 - Do not seek results
 - Trust the process
- 

A misty landscape with a dirt road winding through a field of tall grass. In the background, there is a line of trees. The scene is hazy and atmospheric. On the right side, there is a bright sunburst effect with rays of light emanating from the top right corner, partially obscured by a white, torn-edge graphic.

“BEYOND THE NOISE”

THANK YOU!