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Prayer And Inner Awakening

# Centering Prayer And Inner Awakening

*Selections from the author's  
previous works guide the reader  
toward closer communion with  
God and a richer spiritual life*

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*The best-selling author of *The Wisdom Jesus* and *The Meaning of Mary Magdalene* demystifies the popular Christian meditation method rooted in contemplative prayer *Centering Prayer* is the path to a wonderful and radical*

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*new way of seeing the world. It is not, as is sometimes thought, simply an act of devotional piety, nor is it simply a Christianized form of other meditation methods. Cynthia Bourgeault here cuts through the misconceptions to*

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*show that Centering Prayer is in fact a pioneering development within the Christian contemplative tradition. She provides a practical, complete course in the practice and then goes deeper to analyze what actually happens in*

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*Centering Prayer: the mind effectively switches to a new operating system that makes possible the perception of nonduality. With this understanding in place, she then takes us on a journey through one*

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*of the sources of the practice, the Christian contemplative classic The Cloud of Unknowing, revealing it to be among the earliest Christian explorations of the phenomenology of consciousness. Cynthia Bourgeault's illumination*

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*of the Centering Prayer path provides compelling evidence of how important the practice has become in the half-century since it first arose among American Trappist monks, and of its maturation and refinement over*

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*the ensuing years of sincere study and practice. It will resonate with beginners on the Centering Prayer path as well as with seasoned practitioners.*

*Centering Prayers is a collection of inspired prayers crafted as brief*



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*preludes or postludes to periods of personal, contemplative prayer. Each radiates God's love. Tailored for the seasons and months of the year, they integrate a spiritual theology with certain mystical depth. You will want to read them*

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*slowly and pray them quietly, one day at a time. "In Daily Companion, Peter Haas offers intimate prayers that rest on the deep rooted tradition of his faith. His vulnerability and longing lead you to your own journey. His*

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*fearless asking: Strengthen me in love. Draw me into your life, draw you to deeper places. He acknowledges, You are the shadow that crosses near in the silence of prayer. Praying these prayers with Haas becomes a daily chant*

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*reminiscent of those in monasteries the world over, kneeling in prayer in the silent hours before dawn." Paula D'Arcy Author of Gift of the Red Bird, Waking Up to This Day Centering Prayer and Inner*

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*Awakening is a complete guidebook for all who wish to know the practice of Centering Prayer. The Path of Centering Prayer Longing for God Commentaries on Selected Contemplative Exercises by G.I.*

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*Gurdjieff, As Compiled by Joseph  
Azize*

*Transforming Heart and Mind--A  
New Perspective on Christ and His  
Message*

*Sitting Quietly in God's Presence  
Can Change Your Life*

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*Chanting the Psalms*

*An Introduction to Centering  
Prayer*

A new view of Jesus as a  
Buddha-like wisdom  
teacher who taught the  
transformation of

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consciousness—with  
traditional  
contemplative practices  
you can do yourself If  
you put aside what you  
think you know about  
Jesus and approach the



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Gospels as though for the first time, something remarkable happens: Jesus emerges as a teacher of the transformation of consciousness. The

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Wisdom Jesus provides a new perspective on Christ and an expansive interpretation of His message. Cynthia Bourgeault creates a masterful guide to

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Jesus's vision and the traditional contemplative practices you can use to experience the heart of his teachings for yourself.

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In five interwoven meditations, Mystical Hope shows how to recognize hope in our own lives, where it comes from, how to deepen it through

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prayer, and how to carry it into the world as a source of strength and renewal.

Invitation to Love provides a road map for the journey that begins

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when Centering Prayer is seriously undertaken. Pointing to some of the recognizable landmarks on this journey, as well as to its ultimate destination, Father

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Keating addresses common questions regarding contemplative practice: How will it affect my life? Where does it lead us spiritually? What obstacles will I

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encounter along the way?  
How does it work?  
Following on from Open  
Mind, Open Heart, this  
book establishes a  
dialogue between the  
insights of contemporary



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psychology and the classic Christian spiritual masters, providing a solid conceptual background for the practice of Centering Prayer. This

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is a practical book, articulating the stages of the process of spiritual growth, and outlining how we might develop a deeper relationship with God

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and move from contemplation to action. Sitting in stillness, the practice of meditation, and the cultivation of awareness are commonly thought to

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be the preserves of  
Hindus and Buddhists.  
Martin Laird shows that  
the Christian tradition  
of contemplation has its  
own refined teachings on  
using a prayer word to

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focus the mind, working with the breath to cultivate stillness, and the practice of inner vigilance or awareness. But this book is not a mere historical survey

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of these teachings. In  
Into the Silent Land, we  
see the ancient wisdom  
of both the Christian  
East and West brought  
sharply to bear on the  
modern-day longing for

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radical openness to God in the depths of the heart. Laird's book is not like the many presentations for beginners. While useful for those just starting

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out, this book serves especially as a guide for those who desire to journey yet deeper into the silence of God. The heart of the book focuses on negotiating



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key moments of struggle on the contemplative path, when the whirlwind of distractions or the brick wall of boredom makes it difficult to continue. Laird shows

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that these inner struggles, even wounds, that any person of prayer must face, are like riddles, trying to draw out of us our own inner silence.

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Ultimately Laird shows how the wounds we loathe become vehicles of the healing silence we seek, beyond technique and achievement. Throughout the language is fresh,

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direct, and focused on  
real-life examples of  
people whose lives are  
incomparably enriched by  
the practice of  
contemplation.

The Daily Reader for

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Contemplative Living  
Open Mind, Open Heart  
Centering Prayer for  
Everyone  
The Wisdom Way of  
Knowing  
The Foundations for

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Centering Prayer and the  
Christian Contemplative  
Life

Centering Prayer and  
Inner Awakening

"Drawing on resources as diverse as  
Sufism, Benedictine Monasticism, the

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Gurdjieff Work, and the string theory of modern physics, Cynthia Bourgeault has crafted her own unique vision of the Wisdom way in this very accessible book, nicely balanced between concept and practice." —Gerald May, senior fellow, Shalem Institute, and author,

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Addiction and Grace and Will and Spirit "The spiritual wisdom and practical suggestions in this lively and beautiful book will be helpful to many who find themselves setting out on the interior journey." —Bruno Barnhart, a Camaldolese monk and author, *Second*



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Simplicity: The Inner Shape of Christianity "Cynthia Bourgeault's book is a valuable contribution to the much-needed reawakening of spiritual practice within a Christian context. Her sincerity, good sense, metaphysical depth, and broad

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experience make her a source to be trusted." —Kabir Helminski, Sufi Shaikh, the Threshold Society

In the teachings of Jesus, there are prayers, and then there is prayer—the silent, loving communion with the divine, beyond words or ritual. With

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Father Thomas Keating's book *Open Mind, Open Heart*, hundreds of thousands discovered the transformative power of Centering Prayer as a form of Christian meditation. Now, with *The Path of Centering Prayer*, Keating's senior

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student, friend, and advisor David Frenette reveals the profound depths of this practice, making it easier for meditators to deepen their connection with God. Beginning and experienced practitioners alike will benefit from this fresh voice, at once eloquent and

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clear, as they explore: The key insights and principles of Centering Prayer  
Guided instruction in the sacred word, sacred breath, and sacred glance practices  
Gentleness and openness: the way of letting go and letting be  
Experiencing a deeper sense of God in

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meditation and in everyday life Many other contemplative practices and teachings founded upon the wisdom of Fathers Thomas Keating and Thomas Merton Has your spiritual path grown routine or unfulfilling, or is it at a crossroads for new discovery? For all

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Christians who seek to move closer into the presence of the divine, The Path of Centering Prayer offers guidance in this rewarding and time-honored meditation practice, to help break through obstacles and illuminate the way.

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Centering Prayer and Inner Awakening  
Rowman & Littlefield

The practice of prayer and meditation in modern Western Christianity is rooted in the Eastern tradition of early Church prayer as well as the wisdom of early Church fathers. In Centering



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Prayer, M. Basil Pennington, the author of the highly acclaimed *Daily We Touch Him*, returns to these roots, offering contemporary Christians a new approach to ancient prayer forms. Pennington combines the best of the Eastern spiritual exercises (such as the

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Jesus Prayer) with a spirituality for today's world. Addressing the obstacles that discourage people from praying well, he explains how to relax for prayer, how to listen to and be directed by the Other, and how to handle the pain and distractions that can stifle

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attempts to communicate with God. Centering Prayer has sold more than a quarter million copies since it was first published in 1982. In this eminently practical book, simple, inspiring instructions will help readers find the comfort and the guidance they seek

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through prayer.

Invitation to Love 20th Anniversary  
Edition

Beginning Contemplative Prayer  
Active Meditations for Contemplative  
Prayer

Consenting to God As God Is

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Becoming Christ

A Practical Guide with Instructional  
CD

The Monastic Heart

In The Corner of Fourth and Nondual,  
a title inspired by Thomas Merton's  
moment of revelation 'at the corner of

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Fourth and Walnut' in his celebrated essay 'A Member of the Human Race', Cynthia Bourgeault--internationally renowned retreat leader, and a practitioner and teacher of centering prayer--describes the foundations of her theology: a cosmological seeing

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with the eye of the heart, and classic Benedictine daily rule informed and enlightened by wisdom from the Asian traditions. She explains the influence of the author of *The Cloud of Unknowing*, Teilhard de Chardin, Boehme, Barnhart, Keating, and Gurdjieff,

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among others in a philosophy built on the cornerstones of the Incarnation and the Paschal Mystery, tied by the Trinity as a cosmogonic principle, the fundamental generative mechanism through which all things came into being. In the My Theology series, the



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world's leading Christian thinkers explain some of the principal tenets of their theological beliefs in concise, pocket-sized books. There are sixteen titles total.

Father Thomas Keating is the founder of the Centering Prayer movement,

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based on the retreat into the "inner room" mentioned by Jesus in Matthew 6:6, where the individual is able to meet God. From the book *Manifesting God*, Father Keating explains the process of divine therapy and the process of purification in

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contemplative prayer.

Better Results and Less Stress through Proven Techniques To be fully engaged in life means that we have clear goals as well as the focus and skills to accomplish those goals with ease and a sense of calm awareness. In

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his first book, *The Practicing Mind*, which remains a bestseller in its category, Thomas Sterner set out clear guidelines for developing focus and discipline to achieve any life goal. As Tom traveled and spoke about the book, he kept track of the questions

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readers and participants at his seminars asked. The answers to those questions — or more accurately, the exploration of those questions — became the basis of Fully Engaged. This new book explores specific techniques, such as thought awareness training and setting

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goals with accurate data, and demonstrates how using these techniques will not only help you reach your objectives, but will keep you engaged in each moment of your life, throughout the process of accomplishing those goals. Being thus

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engaged will result in less stress and more satisfaction in every aspect of life.

In this classic text, Thomas Merton offers valuable guidance for prayer. He brings together a wealth of meditative and mystical influences—from John of

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the Cross to Eastern desert monasticism—to create a spiritual path for today. Most important, he shows how the peace contacted through meditation should not be sought in order to evade the problems of contemporary life, but can instead be



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directed back out into the world to affect positive change. Contemplative Prayer is one of the most well-known works of spirituality of the last one hundred years, and it is a must-read for all seeking to live a life of purpose in today's world. In a moving and

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profound introduction, Thich Nhat Hanh offers his personal recollections of Merton and compares the contemplative traditions of East and West.

Discovering the Woman at the Heart of Christianity

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Excerpts from the Works of Father  
Thomas Keating, O.C.S.O

Emotionally Healthy Spirituality

The Meaning of Mary Magdalene

Emotionally Healthy Discipleship

Centering Prayer

The Wisdom Jesus

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The global church is facing a discipleship crisis. Here is how we move forward. Pastors and church leaders want to see lives changed by the gospel. They work tirelessly to care for people, initiate new ministries, preach creatively, and keep up with trends. Sadly, much of this effort does not result in deeply changed

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disciples. Traditional discipleship strategies fail because they do not: Slow down people's lives so they can cultivate a deep, personal relationship with Jesus. Challenge the values of Western culture that have compromised the radical call to follow the crucified Jesus. Integrate sadness, loss, and vulnerability, leaving

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people defensive and easily triggered. Measure our spiritual maturity by how we are growing in our ability to love others. In *Emotionally Healthy Discipleship*, bestselling author Pete Scazzero lays out how to create an emotionally healthy culture and multiply deeply-changed people in every aspect of

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church life—including leadership and team development, marriage and single ministry, small groups, preaching, worship, youth and children's ministry, administration, and outreach. Complete with assessments and practical strategies, *Emotionally Healthy Discipleship* will help you move people to the beneath-the-

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surface discipleship that actually has the power to change the world.

Introduces centering prayer, a Christian-based meditation practice, and explains the process, history, underlying principles, and barriers that can occur.

Chanting the psalms, or psalmody, is an ancient practice of vital importance in the



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Christian spiritual tradition. Today many think of it as a discipline that belongs only in monasteries—but psalmody is a spiritual treasure that is available to anyone who prays. You don't need to be musical or a monk to do it, and it can be enjoyed in church liturgical worship, in groups, or even individually as part of a

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personal rule of prayer. Cynthia Bourgeault brings the practice into the twenty-first century, providing a history of Christian psalmody as well as an appreciation of its place in contemplative practice today. And she teaches you how to do it as you chant along with her on the accompanying CD in which she

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demonstrates the basic techniques and easy melodies that anyone can learn. "Even if you can't read music," Cynthia says, "or if somewhere along the way you've absorbed the message that your voice is no good or you can't sing on pitch, I'll still hope to show you that chanting the psalms is accessible to

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nearly everyone."

Mary Magdalene is one of the most influential symbols in the history of Christianity—yet, if you look in the Bible, you'll find only a handful of verses that speak of her. How did she become such a compelling saint in the face of such paltry evidence? In her effort to answer

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that question, Cynthia Bourgeault examines the Bible, church tradition, art, legend, and newly discovered texts to see what's there. She then applies her own reasoning and intuition, informed by the wisdom of the ages-old Christian contemplative tradition. What emerges is a radical view of Mary Magdalene as

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Jesus's most important disciple, the one he considered to understand his teaching best. That teaching was characterized by a nondualistic approach to the world and by a deep understanding of the value of the feminine. Cynthia shows how an understanding of Mary Magdalene can revitalize contemporary Christianity, how

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Christians and others can, through her, find their way to Jesus's original teachings and apply them to their modern lives.

Centering Prayer and the Healing of the Unconscious

Manifesting God

Renewing an Ancient Christian Prayer

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Form

Reclaiming An Ancient Tradition to  
Awaken the Heart

Fully Engaged

Unleash a Revolution in Your Life In  
Christ

The Way of Christian Contemplation  
Richard Foster and Gayle Beebe,

*Page 80/189*



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both experienced leaders in spiritual formation, introduce you to people from the past who have known God deeply. Each person helps you to grasp one of the seven primary paths to intimacy with God that have been developed throughout Christian

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history. A Renovare Resource." When the global pandemic struck in the spring of 2020, spiritual teacher Cynthia Bourgeault sensed an invitation to go deeper than a continuous round of Zoom calls. She turned to Joseph Azize's newly published collection of

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spiritual exercises from the Gurdjieff teaching, exercises that for decades had been kept apart from the general public. She invited members of her Wisdom School Community to join her in a rigorous practice with six of these exercises. What emerged over a

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six-week collective journey was a remarkable series of revelations and reflections encompassing not only the Gurdjieff tradition but her own deep insights into the Christian mystical and wisdom traditions, together with sagacious tips on practice and a

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prophetic vision of a post-pandemic future. The fruit of that alchemy-presented here-is a profoundly renewed vision of Mystical Courage, a hope and strength emerging from beyond our own making that is available right now to guide our way.

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Father, Son, and Holy Spirit. In this formula that Christians recite as though on autopilot lie the secrets for healing our world, rekindling our visionary imagination, and manifesting the Kingdom of Heaven on earth. It's an astonishing claim, but one that

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is supported by Cynthia Bourgeault's exploration of Trinitarian theology—and by her bold work in further articulating the deep truth it contains. She looks to the ancient concept in light of the ideas of G. I. Gurdjieff and Jacob Boehme to reveal the

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Trinity as the "hidden driveshaft" within Christianity: the compassionate expression of the Uncreated Reality in creation. This book critically explores the Christian teaching of God's unconditional love. The author argues for the recovery of a



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spirituality of uncertainty and unconditional love as a basis for a renewal of contemporary Christian faith and practice.

With Readings, Programs, and Instructions for Home and Group Practice

Discovering the Radical Truth at

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the Heart of Christianity

A One-Year Daily Companion for  
Going Deeper into the Love of  
God

A Guide to the Christian Practice  
of Contemplation

Mystical Hope

A Taste of Silence

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Intimacy with God

***Contemplative prayer is a way of saying yes to God's transformative presence. Centering Prayer for Everyone is the most welcoming and***

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***accessible guide to  
Christian contemplative  
practice available.  
Focusing on five  
practices—lectio divina,  
visio divina, walking  
meditation, chanting the***

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***Psalms, and the silent  
practice of centering  
prayer—this practical  
guide collects in one  
volume everything  
needed to learn these  
practices, including***

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***concise instructions,  
readings, and programs.  
Clearly formatted so that  
instructions and  
programs are easy to find  
at a glance, Centering  
Prayer for Everyone can***

*Page 94/189*

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***inspire beginners to enter the practices immediately and includes detailed instructions for starting and facilitating both in-person and digital prayer groups. This inclusive***

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***handbook explicitly  
welcomes everyone to  
these practices, whatever  
their beliefs or doubts,  
including Christians,  
meditators from other  
traditions, twelve-step***



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***members, and anyone  
filled with longing for  
spiritual transformation  
and connection with God.  
"The activist, nun, and  
esteemed spiritual voice  
who has twice appeared***

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***on Oprah's Super Soul  
Sunday sounds the call to  
create a monastery  
within ourselves--to  
cultivate wisdom and  
resilience so that we may  
join God in the work of***

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***renewal, restoration, and  
justice right where we  
are. "In every beating  
heart is a silent  
undercurrent that calls  
each of us to a place  
unknown, to the vision of***

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***a wiser life, to become  
what we feel we must  
be--but cannot name." So  
begins Sister Joan  
Chittister's words on  
monasticism, offering a  
way of living and seeing***

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***life that brings deep  
human satisfaction. Amid  
the astounding  
disruptions of normalcy  
that have unfolded in our  
world, Sister Joan calls  
readers to cultivate the***

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***spiritual seeker within all of us, however that may look across our diverse journeys: "It is only the depth of the spiritual well in us that can save us from the fear of our own***

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***frailty." This book carries the weight and wisdom of the monastic spiritual tradition into the twenty-first century. Sister Joan leans into Saint Benedict, a young man who sought***

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***moral integrity in the  
face of an empire in the  
sixth century, not by  
conquering or  
overpowering the empire,  
but by simply living an  
ordinary life***



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***extraordinarily well. This same monastic mindset can help us grow in wisdom, equanimity, and strength of soul as we seek restoration and renewal both at home***

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***and in the world. At a  
time when people around  
the world are bearing  
witness to human  
frailty--and,  
simultaneously, the  
endurance of the human***

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***spirit--The Monastic  
Heart invites readers of  
all walks to welcome this  
end of certainty and  
embrace a new beginning  
of our faith. Without  
stepping foot in a***

*Page 107/189*

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***monastery, we can  
become, like those before  
us, a deeper, freer self, a  
richer soul--and, as a  
result, a true monastic:  
"that in all things God  
may be glorified.""***--

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***This work brings together  
for each day of the year  
three prayer practices for  
contemplative living:  
first, a brief "active  
prayer"; second, spiritual  
reading; and, third,***

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***Lectio Divina. The brief  
introductory prayer  
sentences are from  
various sources - the  
Bible and traditional  
prayers of the church or  
of well-known spiritual***

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***writers. The spiritual readings come from eleven of Father Keatings books and one audiotape, with a month's worth of readings derived from each work. Each day's***

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***entry concludes with a  
brief selection from the  
Bible, or Lectio Divina.  
This groundbreaking  
book shares the evolution  
of Cynthia Bourgeault's  
spiritual journey and***



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***offers a new map to  
understanding energy  
and our collective reality.  
In Eye of the Heart,  
Cynthia Bourgeault  
investigates the imaginal  
realm--an energetic realm***

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***well known to the mystical traditions but often forgotten in our own times. It is invisible to the physical eye, but clearly perceptible through the eye of the***

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***heart. The imaginal realm has long been associated with the personal world of dreams, prophecy, and oracles, and it also points toward a higher vision of our human purpose that***

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***is both evolutionary and  
collective. Bourgeault  
explores both aspects of  
imaginal reality and  
shows readers how we  
can cooperate more fully  
with its guidance in our***

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***lives. Expertly blending  
her own lived  
experiences with  
research on the imaginal  
realm, Bourgeault  
explores how her  
personal relationships***

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***have helped to bring  
these teachings into  
sharper focus and the  
role this realm plays in  
Christian and other  
mystical traditions. She  
delves into the***

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***connections between our  
inner consciousness and  
what happens in the  
world, exploring the  
transformative energy  
and governing  
conventions that make***

*Page 119/189*

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***the manifestation of this  
realm possible. Eye of the  
Heart presents  
Bourgeault's spiritual  
journey with the imaginal  
realm and encourages  
readers to attune their***

*Page 120/189*



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***hearts for the well-being  
of the world.***

***50 Simple Practices for a  
Contemplative and  
Fulfilling Life***

***The Heart of Centering  
Prayer***

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***Nondual Christianity in  
Theory and Practice  
Centering Prayer and the  
Contemplative Journey  
Contemplative Prayer  
Using the Practicing Mind  
in Daily Life***

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## ***A Contemplative Path to Virtuous Living***

Like John Wesley or Jean  
Pierre de Caussade before  
him, Catholic priest Arico  
provides the devout with a  
model and method for the

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attainment of a deeper spirituality; unlike them, he feels free to draw wisdom not only from Christian and ancient models but also from Sufism and Thomas Merton

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to show us how 'God is calling us from our tombs' to the experience of 'divine union.' Arico's spirituality and warmth are profound, and his guide shall be well

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received by most Christian readers.—Library Journal  
People interested in Centering Prayer often ask: "Which of Father Keating's books should I read first?" This single

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volume contains the three  
basic books for the  
practice of Centering  
Prayer and its conceptual  
background. Open Mind,  
Open Heart deals with how  
to practice Centering

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Prayer. Since its first appearance in 1986, this book has been read and used by tens of thousands of people all around in world, including many inmates of U.S. prisons.



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Father Keating's books have been translated into numerous languages, including Croatian, Czech, Finnish, Japanese, and Korean. A new Spanish translation of *Open Mind*,

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Open Heart appeared in 2001. Invitation to Love treats the conceptual background of Centering Prayer rooted as it is in the Christian contemplative heritage. It

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is a presentation of that heritage in dialogue with contemporary science, especially developmental psychology and anthropology. The Mystery of Christ is a series of

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homilies based on the liturgical year. It develops the theological principles on which Centering Prayer is based using the scriptural texts of the liturgical cycle as

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a primary vehicle of instruction. This instruction is embodied in the principal feasts of the year celebrating the themes of divine light, divine life, and divine

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love. The trilogy  
contained in Foundations  
for Centering Prayer and  
the Christian  
Contemplative Life  
develops the material  
presented in the Ten-Day

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Intensive Centering Prayer Workshop, in which the method of Centering Prayer is taught (Open Mind, Open Heart) along with its conceptual background (Invitation to Love). The

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homilies that were given during the liturgy integrate the method and its conceptual background into the mystery of Christ (hence *The Mystery of Christ*).



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In this searching study, Fr. Murchadh Fr. Ó Madagáin describes the life and thoughts of Fr. Thomas Keating, the Trappist monk who was one of the founders of the

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centering prayer movement. Centering prayer aims to reclaim the Christian contemplative and mystical traditions after centuries of neglect and to make it available for modern

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spiritual seekers. Fr. Ó Madagáin traces its roots back to the fourth- and fifth-century Desert Fathers such as Evagrius and John Cassian. He shows how it was used in the

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medieval classic The Cloud  
of Unknowing and practiced  
by saints John of the  
Cross and Teresa of Avila,  
then revived by Thomas  
Merton during the  
twentieth century. Fr. Ó

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Madagáin illustrates how, by bringing the insights of contemporary psychology to bear on this ancient method of prayer, Fr. Keating has not only revitalized the

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contemplative tradition, but also has enabled it to become a powerful tool for people of faith to gain insight into themselves and God, whom Keating calls the divine healer.

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Fr. Ó Madagáin also unpacks the processes at work in centering prayer and clears up some of the common misunderstandings that surround it.

Centering Prayer and the

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Healing of the Unconscious is an essential work for all those interested in the history and practice of centering prayer. In addition to describing the background of this unique



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and effective practice,  
Fr. Ó Madagáin offers  
unique insights into the  
ideas of one of its  
leading contemporary  
teachers and  
practitioners.

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In Spirituality,  
Contemplation and  
Transformation, some of  
the leading practitioners  
of centering prayer--the  
contemporary expression of  
the Christian

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contemplative tradition as developed by the desert fathers and mothers and elaborated by mystics such as saints John of the Cross and Teresa of Avila--write about the

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many and varied benefits of this dynamic and intimate means of connecting with the Divine. Thomas Keating and David Frenette examine the sources of centering

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and Jennifer Michael  
explore different facets  
of the wisdom of silence -  
and Paul David Lawson,  
David G.R. Keller, and Tom  
Macfie explain the vital

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role centering prayer can play in fostering communities of faith.

Cynthia Bourgeault explicates philosopher and spiritual practitioner Beatrice Bruteau's study

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of the meaning of  
contemplation - Brian  
Taylor uncovers the  
positive mental changes  
that centering prayer can  
bring about - and Thomas  
Ward reflects on

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spirituality in the twenty-first century, as well as the inspiring experience of attending a centering prayer retreat. Of interest to anyone involved with contemporary



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Christian life, these essays, originally published in the Sewanee Theological Review, contribute to the growing body of literature on centering prayer--its

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practice, theory, and applications--and offer valuable entry points for all those interested in deepening their spiritual practice and fostering a more profound relationship

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with the Divine. Contents:

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Centering Prayer" by  
Thomas Keating, OCSO

"Three Contemplative  
Waves" by David Frenette

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Trusting in the Mercy of  
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Open Mind, Open Heart;  
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## **The Holy Trinity and the Law of Three**

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gives practical, how-to advice for those with a serious interest in contemplative prayer, and also explores its roots in the faith and traditions of the church. This book is itself the fruit of years of contemplative practice, and

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whether you are new to this form of prayer or an experienced practitioner, Taylor's insight, encouragement, and guidance will enhance and strengthen your efforts to draw nearer to the heart of God in prayer, and in doing so,

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become more fully conformed to the image of Christ.

In the course of numerous workshops and retreats Father Keating is asked many questions regarding contemplative practice. How will it affect my life? Where

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does it lead us spiritually? What obstacles will I encounter along the way? How does it work? As Keating answers, this book is "an attempt to provide a road map, as it were, for the journey that begins when Centering Prayer is seriously



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undertaken...for a deepening relationship with God.">

This book collects the intimate talks and daily presentations made by Trappist monk Thomas Keating to members of Contemplative Outreach, the organization Keating

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helped establish to promote the revival of the Christian mystical tradition. Oriented toward people who have been practicing centering prayer for several years, **CONSENTING** is addressed primarily to those with some

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contemplative prayer. You don't have to be a mystic to learn this type of prayer, just a person who is seeking a deeper communion with God. *Beginning Contemplative Prayer* is a practical guide to contemplation. It invites the reader

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to "try on" various prayer practices, exploring the methods of Brother Lawrence, John of the Cross, Teresa of Avila, Ignatius of Loyola, Julian of Norwich, and others.

Seven Paths of Christian Devotion  
On Divine Therapy

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Eye of the Heart

Centering Prayers

The Contemplative Dimension of  
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Manifesting God is about the

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principles of contemplative prayer--the retreat into the inner room mentioned by Jesus in Matthew 6:6, where the individual is able to meet God. In the inner room, the silent space in which God unloads the

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burdens and false selves that govern our individuality and our daily lives, God acts as a divine therapist, healing us and forcing us to recognize how many barriers we put up between ourselves and an authentic



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relationship with God. The process whereby this happens is the foundation of centering prayer--a technique of prayer that Keating and other contemporary mystics have revived out of the ancient

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mystical traditions of the Desert Fathers and the medieval mystics. Abbot Keating explores in this book what it means to enter the inner room and the transformation that takes place there. It explains

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the guidelines of centering prayer and offers advice on how to develop the relationship more deeply.

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What Are You Missing? Peter Scazzero learned the hard way: you can ' t be spiritually mature while remaining emotionally immature. Even though Pete was pastor of a rapidly growing church, he did what most people

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do: avoid conflict in the name of Christianity ignore his anger, sadness, and fear use God to run from God live without boundaries Eventually God awakened him to a biblical integration of emotional health,



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a profound relationship with Jesus, and the historical practices of contemplative spirituality. It created nothing short of a spiritual revolution, utterly transforming him and his church. In this best-selling book

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Pete outlines his journey and the signs of emotionally unhealthy spirituality. Then he provides seven biblical, reality-tested ways to break through to the revolutionary life Christ meant for you. Emotionally

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"How centering prayer can

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enrich your soul and help you  
experience God's transforming  
love" --

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