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Awakening is a superb book,

a wonderfully accessible

introduction to Centering

Prayer and the role it can

play in your own 'salvation

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Centering Prayer and Inner Awakening is a complete guidebook for all who wish to know the practice of Centering Prayer. Cynthia Bourgeault goes further than offering an introduction, however. She examines how the practice is related to the classic tra

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In Centering Prayer and Inner Awakening, Cynthia Bourgeault covers the standard topics to introduce this practice: an overview of the method, a survey of it's history and development, etc. Similar

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Awakening Cynthia Bourgeault
with profound spiritual insights, strong theology, and deep teaching to equip the seeker for the spiritual journey. However, like all good spiritual books, the point of this book will be missed if it does not begin to transform the reader's life.

PRACTICING Centering Prayer and Inner Awakening

There are chapters on the method, the tradition, the psychology of Centering Prayer, and a final one on how it leads to inner awakening; the latter covers attention of the heart, working with the inner observer, the welcoming

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and . . .

“Centering Prayer is aimed at healing the violence in ourselves and purifying the unconscious of its hidden and flawed motivation that reduces and can even cancel out the effectiveness of the external works of mercy, justice, and peace.” –

Cynthia Bourgeault,

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Awakening of its method, and explores its revolutionary potential to transform Christian life.

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In *Centering Prayer and Inner Awakening*, Cynthia Bourgeault covers the standard topics to introduce this practice: an overview of the method, a survey of its history and development, etc. Similar discussions can be found in the works of Thomas Keating and Basil Pennington among others.

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In her book Centering Prayer
and Inner Awakening*,

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Cynthia Bourgeault writes that even though we can perhaps find ways to stop “outer noise” it is much more difficult to still the “inner noise” (p.5).

Centering Prayer - The
Contemplative Society
Centering Prayer and Inner
Awakening: Book Review.
September 2, 2017 By Rich
Lewis Leave a Comment. I am
excited to share with you my
review of Centering Prayer
and Inner Awakening by
Cynthia Bourgeault. Modern
day mystic, Episcopal
priest, writer, and
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Awakening Cynthia Bourgeault at her seaside hermitage in Maine, and a demanding schedule traveling globally to teach and spread the recovery of the Christian contemplative and ...

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Centering Prayer and Inner Awakening is a complete guidebook for all who wish to know the practice of Centering Prayer.

Centering Prayer is the path to a wonderful and radical new way of seeing the world. It is not, as is sometimes thought, simply an act of devotional piety, nor is it a Christianized form of other meditation methods. Cynthia Bourgeault here cuts through the misconceptions to show that Centering Prayer is in fact a pioneering development within the Christian

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contemplative tradition. She provides a practical, complete course in the practice and then goes deeper to analyze what actually happens in 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 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

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

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 Father Thomas

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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 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 clear, as they explore: The key insights and principles of Centering Prayer Guided instruction in

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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 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 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

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practice, to help break through obstacles and illuminate the way.

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 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 Jesus Prayer) with a spirituality

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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 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 through prayer.

Centering Prayers is a

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A collection of inspired prayers crafted as brief 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 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 fearless asking: Strengthen me in

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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 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

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 centering prayer

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movement. Centering prayer aims to reclaim the Christian contemplative and mystical traditions after centuries of neglect and to make it available for modern 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 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 Madagáin illustrates how, by bringing the insights of contemporary psychology to

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bear on this ancient method of prayer, Fr. Keating has not only revitalized the 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. 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 Healing of the Unconscious is an essential work for all those interested in the history and practice of centering prayer. In addition to

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

"Drawing on resources as diverse as Sufism, Benedictine Monasticism, the 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, *Addiction and Grace*

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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 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 experience make her a source to be trusted."

-Kabir Helminski, Sufi Shaikh, *the Threshold*

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

Contemplative prayer is a way of saying yes to God's transformative presence. *Centering Prayer for Everyone* is the most welcoming and accessible guide to Christian contemplative practice available. Focusing on five practices—lectio divina,

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visio divina, walking meditation, chanting the Psalms, and the silent practice of centering prayer—this practical guide collects in one volume everything needed to learn these practices, including concise instructions, readings, and programs. Clearly formatted so that instructions and programs are easy to find at a glance, *Centering Prayer for Everyone* can 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 members, and anyone filled with longing for spiritual transformation and connection with God.

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 is supported by Cynthia

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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 Trinity as the "hidden driveshaft" within Christianity: the compassionate expression of the Uncreated Reality in creation.

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