

Heart Of Centering Prayer Nondual Christianity In Theory And Practice

[#Centering Prayer](#) [#Nondual Christianity](#) [#Christian Spirituality](#) [#Contemplative Practice](#) [#Spiritual Transformation](#)

This resource deeply explores the essence of Centering Prayer within the framework of Nondual Christianity, offering a comprehensive understanding of both its theoretical foundations and practical application. Discover the profound path to inner peace and spiritual awakening through this contemplative approach, fostering a deeper connection to divine presence.

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The Heart of Centering Prayer

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 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 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 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 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.

Centering Prayer and Inner Awakening

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

The Path of Centering Prayer

A gifted teacher and leader in the centering prayer movement instructs us in new ways to renew our practice and deepen our intimacy with God.

Centering Prayer and the Healing of the Unconscious

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 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 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 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.

The Wisdom Jesus

A new view of Jesus as a Buddha-like wisdom teacher who taught the transformation of consciousness—with traditional contemplative practices you can do yourself. If you put aside what you think you know about Jesus and approach the Gospels as though for the first time, something remarkable happens: Jesus emerges as a teacher of the transformation of consciousness. The Wisdom Jesus provides a new perspective on Christ and an expansive interpretation of His message. Cynthia Bourgeault creates a masterful guide to Jesus's vision and the traditional contemplative practices you can use to experience the heart of his teachings for yourself.

The Holy Trinity and the Law of Three

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 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.

Eye of the Heart

This groundbreaking book shares the evolution of Cynthia Bourgeault's spiritual journey and 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 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 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 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 lives. Expertly blending her own lived experiences with research on the imaginal realm, Bourgeault explores how her personal relationships 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 connections between our inner consciousness and what happens in the world, exploring the transformative energy and governing conventions that make 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 hearts for the well-being of the world.

Mystical Hope

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.

The Wisdom Way of Knowing

"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* 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 Society

Centering Prayers

Centering Prayers is 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 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*

Silence

An introduction to the nature and benefits of silence as a new spiritual reality that can lead to self-awareness and healing in our chaotic, fast-paced world With its beautifully rich prose, Robert Sardello's newest book invites us to experience silence as a companion presence—a creative heart-felt experience that renews, restores, and deepens the body's response to the internal and external world. Drawing on images and ideas from the *Trials of St. Anthony*, anthroposophy, depth psychology, and phenomenology, the book delves deeply into the subtleties of silence, exploring the phenomenon as a source of wholeness and revitalization. Sharing his own insights from years of experience in spiritual psychology, Sardello takes us on an inner journey beyond the chaotic noise of the ego to a place of inner communion and self-healing. Silence opens our eyes to the importance of cultivating the nurturing aspects of silence in our personal relationships and enables us to awaken the inner currents of spirituality that ultimately lead to a path of universal compassion, service, and healing.

Centering Prayer

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 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.

Chanting the Psalms

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

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 nearly everyone.”

The Meaning of Mary Magdalene

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

Taste of Silence

Centering Prayer profoundly many people affected has from all walks of life. Carl Arico, who was introduced to Centering Prayer in 1975 by William Meninger at the Trappist Monastery in Spencer, Massachusetts, is no exception. “It had a profound influence on my life -- on my priesthood and my whole being,” he writes. “I attended an intensive retreat with Thomas Keating in 1983 and soon became involved with the beginnings of Contemplative Outreach -- a resource center for those dedicated to the practice of Centering Prayer.” This book is the outcome of more than 20 years of experience with Centering Prayer. Father Arico explores the fundamental practice of Centering Prayer, and how it impacts on one’s life, providing the practitioner with a historical foundation, balance, insight, a degree of humor, and peace of mind.

The Cloud of Unknowing and Other Works

A collection of religious writings by various fourteenth-century English authors.

Intimacy with God

Filled with insight and practical advice, this resource offers sound wisdom on the way that centering prayer can deepen one’s intimacy with God.

Living Nonduality

Chinul (1158–1210) was the founder of the Korean tradition of Zen. He provides one of the most lucid and accessible accounts of Zen practice and meditation to be found anywhere in East Asian literature. *Tracing Back the Radiance*, an abridgment of Buswell’s *Korean Approach to Zen: The Collected Works of Chinul*, combines an extensive introduction to Chinul’s life and thought with translations of three of his most representative works.

Tracing Back the Radiance

An eye-opening introduction to the complex world of esoteric Christianity—perfect for the general reader. This guide to mystical and esoteric Christianity speaks from a nonsectarian point of view, unearthing insights from the whole of the Christian tradition, orthodox and heretical, famous and obscure. The esoteric tradition has traditionally searched for meanings that would yield a deeper inner knowledge of the divine. While traditional Christianity draws a timeline from Adam’s Fall to the Day of Judgment, the esoteric often sees time as folding in on itself, bringing every point to the here and now. While the Church fought bitterly over dogma, the esoteric borrowed freely from other traditions—Kabbalah, astrology, and alchemy—in their search for metaphors of inner truth. Rather than basing his book around exponents of esoteric doctrine, scholar Richard Smoley concentrates on the questions that are of interest to every searching Christian. How can one attain direct spiritual experience? What does “the Fall” really tell us about coming to terms with the world we live in? Can we find salvation in everyday life? How can we ascend, spiritually, through the various levels of existence?

What was Christ's true message to humankind? From the Gospel of Thomas to A Course in Miracles, from the Jesus Prayer to alchemy and Tarot, from Origen to Dante to Jung, Richard Smoley sheds the light of an alternative Christianity on these issues and more.

Inner Christianity

"The Mystic Christ is an ancient tale of mystic union, salvation, and enlightenment. It is the careful uncovering of a lost treasure of immeasurable value, long buried in the suffocating darkness of conventional orthodoxy on one side, and blind fundamentalist extremism on the other. From the viewpoint of the world's mystical religious traditions, the brilliant light of the Master's way is revealed as a penetrating radical non-duality unifying all people and all of life. His path to this all-embracing unity is the spiritual practice of pure selfless love. Love God intensely, love our neighbor as our own Self, bless those that curse us, and pray for those that mistreat us. Love has been lost, becoming nothing more than a word in the dictionary and, yet, it remains the foundation of Jesus' message."

The Mystic Christ

Residing at the intersection of constructive theology and critical social theory, this book provides a resource for both students and clergy to reinterpret Christian theology and re-imagine Christian faith in the twenty-first century. The author seeks "to encourage and equip Christian faith communities to move beyond the decades-long stalemate over human sexuality and gender identity" because "Queer gifts emerge in Christian communities when lesbian, gay, bisexual, and transgender (LGBT) people no longer feel compelled to justify their presence in those communities." Useful in both seminary classrooms and in congregational settings, the book is a contribution to the still-emerging field of queer theology, translating the rigors of scholarly research into transforming proposals for faith communities.

Peculiar Faith

This title explores the meaning of Christian theology in light of the scientific discoveries of our age. Like Teilhard de Chardin and Thomas Berry, Delio opens out eyes to the omni-active, all-powerful, all-intelligent Love that forms and guides the interrelatedness and interbeing of everything and everyone - ourselves included.

The Unbearable Wholeness of Being

Electrical Christianity is a revolutionary guide to Jesus' teachings and spiritual en-Light-enment. It provides clear-cut, in-depth instructions on how to directly "plug into" the Divine Being, the Holy One, and literally "pull down" His Power. Grace is not an abstract principle; it is the palpable experience of God's Spirit-power--and anyone who religiously (or devotedly and intensely) practices the discipline of true Holy Communion presented in this book can experience the descent of Divine Power, the Holy Spirit. The true Eucharist, the practice of Holy Communion (which in its "awakened" form implies reception of the Holy Spirit), is the very heart of real Christianity, and the foremost method for attaining salvation (spiritual en-Light-enment). Electrical Christianity not only details the radical (or gone-to-the-root) practice of Holy Communion, but also analogizes it to an electrical circuit. The Eucharist is simply Ohm's Law applied to spirituality, and once you grasp the Eucharist-Ohm's Law connection, which is explicated in this book, you'll become like Jesus: a spiritual revolutionary. In addition to explicating the Eucharist-Ohm's Law connection, the book also sheds penetrating light on psychology, politics, and sociology. It presents a vision of integral psychology that differs markedly from Ken Wilber's, considers Jesus' politics in a modern context, and examines the history and future of Christianity in the New (or Aquarian) Age.

Electrical Christianity

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 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 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 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.

Mystical Courage

This anonymous fourteenth-century text is the glory of English mysticism, and one of the most practical and useful guides to finding union with God ever written. Carmen Acevedo Butcher's new translation is the first to bring the text into a modern English idiom—while remaining strictly faithful to the meaning of the original Middle English. The Cloud of Unknowing consists of a series of letters written by a monk to his student or disciple, instructing him (or her) in the way of Divine union. Its theology is presented in a way that is remarkably easy to understand, as well as practical, providing advice on prayer and contemplation that anyone can use. Previous translations of the Cloud have tended to veil its intimate, even friendly tone under medieval-sounding language. Carmen Butcher has boldly brought the text into language as appealing to modern ears as it was to its original readers more than five hundred years ago. Also included in the volume is the companion work attributed to the same anonymous author, The Book of Privy Counsel, which contains further advice for approaching God in a way that emphasizes real experience rather than human knowledge. To learn more about the author, visit her website: carmenbutcher.com

The Cloud of Unknowing

A Powerful Call to Restore Your Soul Through Prayer When an excruciating bout of depression led Dr. Mark Rutland to more deeply explore prayer, he came to understand its miraculous power for soul restoration. Prayer is a declaration of our Father's compassion toward us, a confession of our own inadequacy, and a reminder that he meets our daily needs. As it turns out, these are the elements of prayer Jesus taught his disciples. Praying and meditating on the Lord's Prayer changed Dr. Rutland's life, and since then he has used it to restore others' souls as well. Filled with moving stories and powerful insights, this book will help you discover the truth about God's love and power, and this truth will bless and heal you. In the end, it's not just about saying the Lord's Prayer--it's about getting to know the Lord of the prayer.

21 Seconds to Change Your World

A practical book on meditation and enlightenment, a must read for any spiritual seeker. A more poetic Eckhart Tolle; Kahlil Gibran meets Krishnamurti. Ilie Cioara's message is original and unique, as he never travelled to India and never belonged to any traditional school. By practicing the silence of the mind, through an all-encompassing attention, we discover and fulfill our innermost potential of becoming one with the divine spark that lies dormant within us.

The Silence of the Mind

"Goes through the entire gamut of topics covered by the Vedas, making use of yoga, detachment, the ego, karma, dharma, love, meditation and much more." —East and West Magazine This complete guide to enlightenment presents the wisdom of the ancient science of self-inquiry, a time-tested means for achieving spiritual freedom. The author discusses the purpose of self-inquiry, the quest for lasting happiness, issues of identity and transcendence, the role of wisdom and action, and the subconscious obstacles to freedom. He convincingly refutes the popular view that enlightenment is a unique state of consciousness and debunks a host of other enlightenment myths. In his straightforward style he reveals proven methods for purifying the mind, and includes chapters on love, the science of energy transformation and meditation. He takes the reader from the beginning to the end of the spiritual path, patiently unfolding the logic of self-inquiry. "Vedanta is the original systemized enlightenment teaching, and James does an extraordinary job of extracting the essential nectar of the teachings from its dusty, ancient, Sanskrit origins and elucidating it with utmost clarity. One review cannot do this teaching, with its rich history and depth, even a modicum of justice. James's book is the best introduction there is to this subject." —Consciousness Junkie "Explains methods of Vedanta in his survey of spiritual techniques, pairing theory with practice and explaining the myths and realities behind an enlightened state. From reflections on moving to a larger living space and clutter to assimilating experiences, How to Attain Enlightenment is a powerful survey any new age library needs." —The Bookwatch

How to Attain Enlightenment

This far-ranging book presents God, the Ultimate Mystery of non-created Reality, as Christ—the One Who loves us. Spirituality beyond language and in general; the inner mystical meaning of the Cross of Christ; differing Christian windows found in the stages of evolving consciousness identified by Integral Theory; and Centering Prayer's close relationship to all of this are core themes in this work. An important insight of Integral Theory reveals that when people are unaware of the stages of evolving consciousness, they tend to believe that the perspectives of their own stage(s) are the only true or realistic views—which is actually untrue and leads to needless confusion, conflict and misunderstandings among individuals in different stages of evolving consciousness. Additionally: prayer; the allegorical sense of Scripture; *Lectio Divina*; grades of evolving love; duality?/?non-duality; and apophatic theology are also major topics discussed. The gift of non-conceptual contemplation, into which Centering Prayer leads us, is shown to be a key to Christian unity and harmony among all religious and spiritual traditions seeking to serve the One Who loves us. Non-conceptual Centering Prayer—as a movement into simplicity and silence—is readily available to people seeking a deeper spirituality in all denominations and in all stages of evolving consciousness.

The One Who Loves Us

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*, *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 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.

Centering Prayer for Everyone

Drawing on experience as an interreligious monk, Brother Wayne Teasdale reveals the power of spirituality and its practical elements. He combines a profound Christian faith with an intimate understanding of ancient religious traditions.

The Mystic Heart

Do you want to eliminate stress in your life? This manual shows you the way! This highly practical guide shows you clearly and directly how to remove stress, anger, fear and worry by becoming more realistic, using 2,500 year old meditation and therapy tools and inspired by masters of nondual and Buddhist wisdom traditions including Dzogchen, Mahamudra, Zen, Madhyamika, Advaita and Tao. Jonathan Harrison teaches nondual and Buddhist meditation and psychology. The guide explains how mental stress is created and how to remove it from your life in all its forms including anger, anxiety, disappointment, discontent, dissatisfaction, dread, envy, fear, frustration, guilt, humiliation, impatience, insult, misery, mistrust, regret, tension and worry. Jonathan Harrison shows how, in order to see how stress is created, you need to understand three things: - The way you think about things: You see the world as structured, split into separate parts which may be in conflict. Your particular mental structures consisting of your personal opinions and concepts is the result of many factors including your genetic makeup, parental upbringing, social and cultural environments and the way you have perceived, internalized and acted on your experiences. These mental structures develop and change throughout your life. The world as you see it is largely a reflection of your mental history. What you think is an original creation of your mind. - The way things really are: Reality, the world as it is, is neither inherently split (dualistic), nor unified, neither structured nor unstructured. It just is. This is so simple that most people do not understand it. - Ending stress It is enough to grasp deeply how things really work. The past has gone, is unalterable, the future is non-existent except as your present expectations, and "now" is already here. Within this realization, true rest occurs naturally. This is non-meditation, natural meditation or "resting in natural awareness" as Longchen Rabjam, the renowned Tibetan yogi and Dzogchen meditation master, put it. By recognizing the nature of reality you are able to live, love and benefit yourself and others more easily, as you no longer experience the frustration of trying to grasp at imagined parts of your experience or trying to remove them. Scroll up and grab a copy today.

Ending Stress

Discussing a cutting-edge theory of spirituality for today's global society, this work explores the startling new role for religion in the modern and postmodern world, marrying the truth of modern science and postmodern culture with the wisdom of the great religions.

Integral Spirituality

Just This is a collection of brief and evocative meditations and practices. It invites us to cultivate the gift of waking up to the beauty of reality in all its glorious ordinariness. With his signature blend of contemplation, theology and pastoral sensitivity, Fr Richard Rohr creates a spaciousness for the soul to grow into a kind of seeing – one that goes far beyond merely looking, to recognizing and thus appreciating. This is the heart of contemplation, the centerpiece of any inner dialogue that frees us from the traps of our perceptions and preoccupations. The contemplative mind does not tell us what to see; it teaches us how to see what we behold. Praise for Richard Rohr's *The Divine Dance*: 'A beautiful choreography for a life well-lived.' Bono, U2

Just This

Most of us spend a lifetime trying to figure out who we are and how we relate to others and God. The Enneagram is here to help. Far more than a personality test, author Chris Heuertz teaches us that the Enneagram is a sacred map to the soul. Lies about who we think we are keep us trapped in loops of self-defeat, but the Enneagram uniquely reveals nine ways we get lost, as well as nine ways we find our way home to our true self and to God. Whether you are an enthusiast or simply Enneagram-curious, this groundbreaking guide to the spiritual depth of the Enneagram will help you: Understand the "why" behind your type beyond caricatures and stereotypes Identify and find freedom from self-destructive patterns Learn how to work with your type toward spiritual growth Awaken your unique gifts to serve today's broken world Richly insightful and deeply practical, *The Sacred Enneagram* is your invitation to begin the journey of a life transformed. Praise for *The Sacred Enneagram*: "Integrated within these pages is Chris's extensive knowledge and understanding of this ancient tool, along with depth in his teaching of contemplative spirituality as practiced by Jesus. Readers are offered a powerful way forward in their unique journey of spiritual transformation through aligning Christian contemplative prayer postures to specific Enneagram types." --Nina M. Barnes, Dean of Spiritual Formation & Leadership, University of Northwestern-St. Paul "The Sacred Enneagram is a groundbreaking contribution to the Enneagram community, providing unique spiritual growth insights for all nine types. If you're not yet convinced of the value, depth, and accuracy of the Enneagram, Chris demystifies and makes this ancient wisdom more accessible than ever." --George Mekhail, pastor, The Riverside Church NYC

The Sacred Enneagram

A new edition of the classic that helped launch the Centering Prayer movement. Centering Prayer is a precious part of the ancient spiritual traditions of the West. When *Finding Grace at the Center* was first published in 1978, people all over the world welcomed this practical guide to a simple and beautiful form of meditative prayer. Reflections and advice on Centering Prayer's possibilities - and its pitfalls - are presented with clarity and simplicity, with a vision of the deeper life of the soul that contemplative prayer can bring about. Now, with a new foreword by Rev. Cynthia Bourgeault, PhD, another generation will discover the amazing difference Centering Prayer can make in their lives.

Finding Grace at the Center

Conversion is a lifelong process, requiring us to put away idols, surrender the false self and allow the real self to emerge by accepting weakness, owning up to our sins and failings, and working to overcome them. Grace is experienced in prayer, in reading, in solitude and in spiritual companionship, in life's good experiences and in times of trial. Attuning ourselves to God's grace and responding to it in body, mind, and soul is the work of a lifetime.

Tuning in to Grace

One of the clearest presentations of India's Advaita Vedanta, the doctrine of Oneness. Adams, an American student of the great master, Ramana Maharshi, discourses with wisdom and delightful humor as he clarifies for Westerners India's teaching of Ultimate Reality.

Silence of the Heart

For people drawn to a life of contemplation, the dawning of luminous awareness in a mind full of clutter is deeply liberating. In the third of his best-selling books on Christian contemplative life, Martin Laird turns his attention to those who are well settled in their contemplative practice. *An Ocean of Light* speaks both to those just entering the contemplative path and to those with a maturing practice of contemplation. Gradually, the practice of contemplation lifts the soul, freeing it from the blockages that introduce confusion into our identity and thus confusion about the mystery we call God. In the course of a lifetime of inner silencing, the flower of awareness emerges: a living realization that we have never been separate from God or from the rest of humanity while we each fully become what each of us is created to be. In contemplation we become so silent before God that the "before" drops away. Those whose lives have led them deeply into the silent land realize this, but not in the way that we realize that the square root of 144 is 12. Laird draws from a wide and diverse range of writers--from St. Augustine, Evagrius Ponticus, and St. Teresa of Avila to David Foster Wallace, Flannery O'Connor, Virginia Woolf, and Franz Wright--to ground his insight in an ancient practice and give it a voice in contemporary language. With his characteristic lyricism and gentleness, Laird guides readers through new challenges of contemplative life, such as making ourselves the focus of our own contemplative project; dealing with old pain; transforming the isolation of loneliness and depression into a liberating solidarity with all who suffer; and the danger of using a spiritual practice as a strategy to acquire and control.

An Ocean of Light