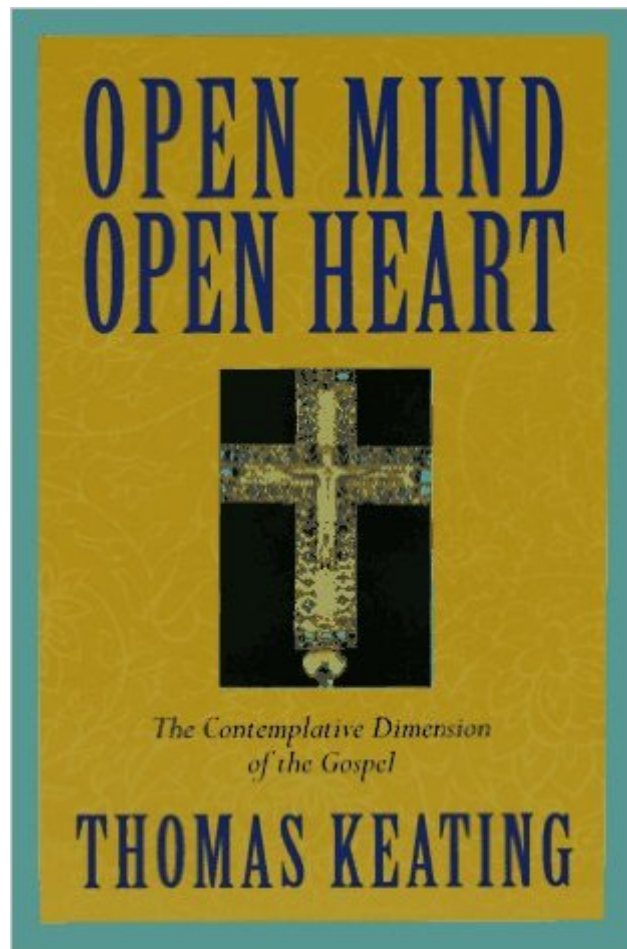


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# Open Mind, Open Heart: The Contemplative Dimension Of The Gospel



## Synopsis

This book is designed to initiate the reader into a deep, living relationship with God. Written by an acknowledged spiritual master, the book moves beyond "discursive meditation and particular acts to the intuitive level of contemplation." Keating gives an overview of the history of contemplative prayer in the Christian tradition, and step-by-step guidance in the method of centering prayer. Special attention is paid to the role of the Sacred Word, Christian growth and transformation, and active prayer. The book ends with an explicit treatment of the contemplative dimension of the gospel. Open Mind, Open Heart will take readers into a world where God can do anything, into a realm of the greatest adventureâ"Where one is open to the Infinite and hence to infinite possibilities.">

## Book Information

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## Customer Reviews

I have a checkered spiritual past. Like many people of my generation, I have always felt that modern life was going in the wrong direction, and that the traditional answers we were getting from the government and institutionalized religion just weren't quenching the spiritual drought in the contemporary world. So I went east, to Buddhism, the Sufis, Hinduism, looking for something that might help me fill the void I felt. Then I stumbled upon the Centering Prayer movement. Little did I know that the Christian tradition that I grew up in, would hold the secret to what I was looking for. Centering Prayer is based squarely in the Christian tradition. It is based on forms of prayer that have roots in the earliest Christian monasteries of the 4th century. There are even tantalizing glimpses of it in the writings of St. Paul and even the Gospels, though not spelled out in so many words (which is probably what gives literalists conniptions.) It existed in the Benedictine monasteries

of medieval Europe, in the Cloud of Unknowing, the 14th century manual of prayer, and in the writings of St. John of the Cross and St. Teresa of Avila. It is not, I repeat, NOT a "new age" spirituality, unless one thinks that all of Christian Spirituality is new age (and the case could be made that it is.) Centering Prayer is a simple method of prayer that is designed to help us consent to the presence and action of God in our lives. Through quite simple guidelines and a few adjustments of attitudes, Centering Prayer helps us to let go of our own ego and expectations and just "wait upon the Lord". For me, it has been key to reawakening my Christian faith. Having been a practicing Buddhist for many years, I can say that readers who equate Centering Prayer with Buddhist practice are mistaken.

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