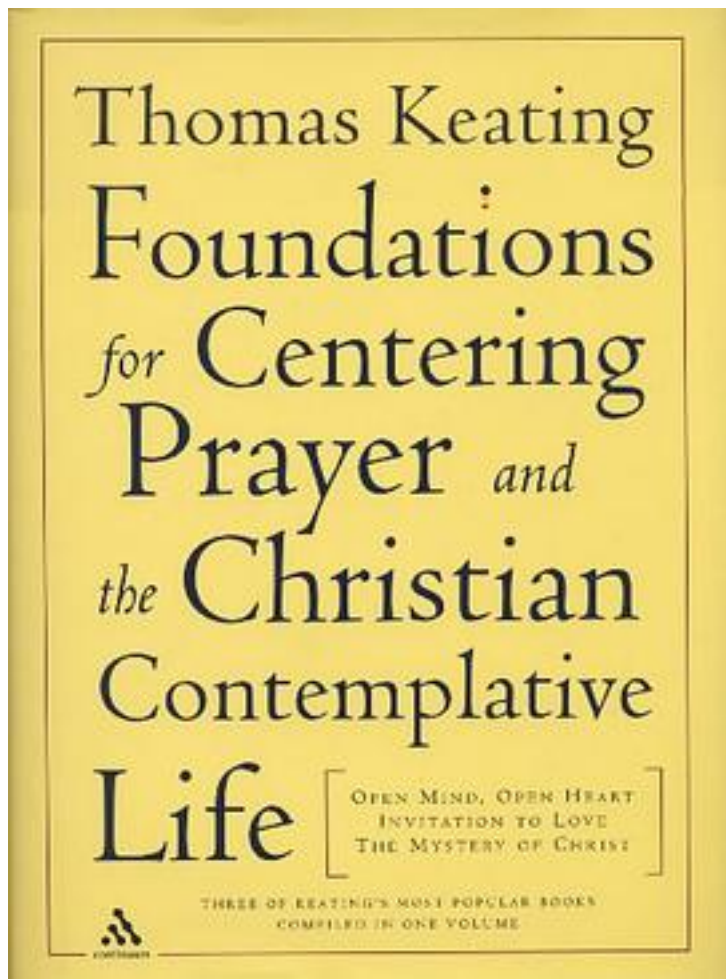


Foundations for Centering Prayer and the Christian Contemplative Life



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著者:Keating, Thomas

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This volume contains three works by Thomas Keating on centring prayer. "Open Mind, Open Heart" aims to lead the reader into a deep, living relationship with God. Keating gives an overview of the history of contemplative prayer in the Christian tradition, and step-by-step guidance in the method of centring prayer. Special attention is paid to the role of the sacred word, Christian growth and transformation, and active prayer. "Invitation to Love: The Way of Christian Contemplation" is the natural next step. In "Open Mind, Open Heart", Father Keating presents the beginning of a process of spiritual growth. In this book, he outlines and explains the actual stages of this process, tackling questions such as: How will it affect my life? Where does it lead us spiritually? What obstacles will I encounter along the way? Why is it necessary? How does it work? The third book, "Intimacy with God", offers practical advice on the way that centring prayer can deepen our intimacy with God.

作者介绍:

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