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the role it can play in your own 'salvation unto eternity.'
Highly recommended for all who are on a spiritual path of any sort. -- Ken Wilber, author of The Eye of Spirit

Centering Prayer and Inner Awakening: Cynthia Bourgeault

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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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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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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

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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 prayer, and Centering Prayer's relevance to Christian life.

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“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, Centering Prayer and Inner Awakening 0 likes

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In her book *Centering Prayer and Inner Awakening**, 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 internationally known retreat

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leader, Cynthia Bourgeault divides her time between solitude 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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