



Centering Prayer and Inner Awakening

Cynthia Bourgeault

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Practitioners of Centering Prayer are known for the great enthusiasm they bring to the practice of this ancient discipline. *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 tradition of Christian contemplation, looks at the distinct nuances of its method, and explores its revolutionary potential to transform Christian life. The book encourages dialogue between Centering Prayer enthusiasts and those classic institutions of Christian nurture—churches, seminaries, and schools of theology—that have yet to accept real ownership of the practice and its potential.

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