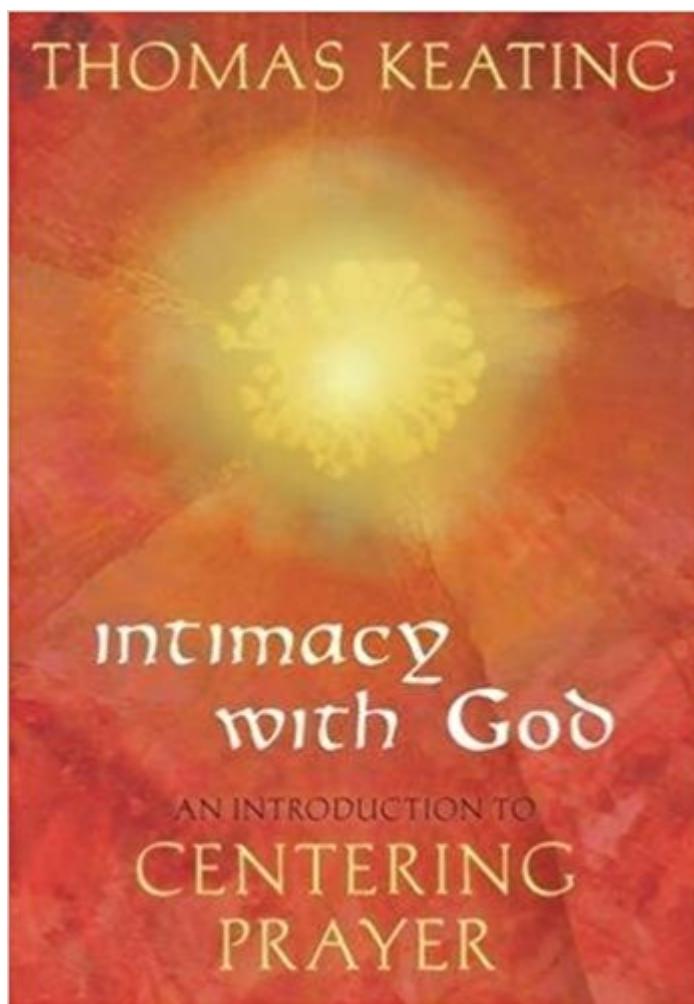


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# Intimacy With God: An Introduction To Centering Prayer



## Synopsis

À poetic and accessible introduction to the method of Centering Prayer, this guide explains its origins, theological basis, and psychology by drawing on the writings of important Catholic figures, such as St. Teresa of Avila and St. John of the Cross, and significant texts, such as The Cloud of Unknowing. Describing the theological basis for the Centering Prayer while staying rooted in the heart of a practice that is very personal and intimate, the study explores how harmful attitudes and beliefs about God can distort a positive relationship with the divine. With a careful balance of both Christian and Buddhist philosophy, the volume also discusses the psychological barriers and levels of resistance that contemplatives must face and bolsters seekers with supportive practices like Lectio Divina (holy reading) and praying the rosary. Updated to include a new foreword, this revised edition of a much loved classic is sure to inspire a deeply intimate experience with God.

## Book Information

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## Customer Reviews

"This is perhaps Keating's most readable and enlightening work. Filled with insight and practical advice, it offers sound wisdom on the way that centering prayer can deepen our intimacy with God."À "Spiritual Book News" Packed into this book is a treasury of spiritual history and teaching. There is a richness of complexity which is always disciplined by the simplicity of the goal of prayer&#151;union (or intimacy) with God."À "St. Anthony Messenger "For all those aspiring to a genuine spiritual life, Father Keating has charted a course that will take us progressively closer to our divine goal as we learn to touch God, first with the words of our lips, then with reflections of the mind and with the feelings of the heart."À "Living Prayer

A Trappist monk and founder of the Centering Prayer Movement, Thomas Keating provides this poetic and accessible introduction to the very method of Centering Prayer. Combining the experience of contemplation with the discernment of a spiritual director. --This text refers to an out of print or unavailable edition of this title.

This book "Intimacy with God" is just that... a pathway to the discovery of the gift you already have... Intimacy with God's presence within your soul. This little book gives the history of how the great movement of "Contemplative Outreach" began and has now spread all over the world. It also answers the questions of how does one become intimate with God, to share your life and actions with Him. Its a step by step journey down the path of self-knowledge and how we can "let go" of the things that are holding us back. The book outlines what our "false self" is and the discovery of our "true self", learning to "let go", and of learning to pray not by words but by "intention." Silent Prayer is like a washing of our soul, a healing process of the scars of life that have left deep wounds within our physical. The hunger for peace, happiness and rest are gifts we were given at birth, but we have to discover them by the practice of silent pray. Its not "thinking" but "being"... its to narrow down time to the present moment and then "resting" in God's care and love for you. What you learn from this book you will desire to share with others and perhaps sit together in silent prayer sharing what is so precious... knowing how much God loves us. Do I hear a "amen" to this? Review by EarlLowen

I have a friend who does "Centering Prayer" and wanted to understand it. This is a great book to read for understanding and also for how to do it. I like the "idea" of meditation, but so much seems to be "centered" in Buddha. Nothing wrong with that, but I'm a Christian and do not believe in Buddha except that he might have some things worth sharing. I like this coming from a Christian perspective. I agree with Keating that practicing it in a group could be useful. Very interesting reading

Thomas Keating's books are always inspirational, as are his retreats. Holiness radiates from him. This is a good beginning to those who want to practice 'centering, silent, contemplative prayer'. It is also sometimes called meditation. Anything Keating writes is full of information on the path to the creative center of the universe that we call God.

Centering Prayer has been changing lives over many centuries and within many cultures. This book

will help you to understand the practice of Centering Prayer but most importantly will get you started using Centering Prayer in your life. I recommend this for those who are genuinely serious about engaging in prayer. The book is just the beginning of the journey that will result from applying its insights.

Very satisfied. Met product description. Also, it arrived early.

Great reading.

Very good information, i can use this in my mediation course. Clear explanation about the process of christian meditation.

Book was as promised

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