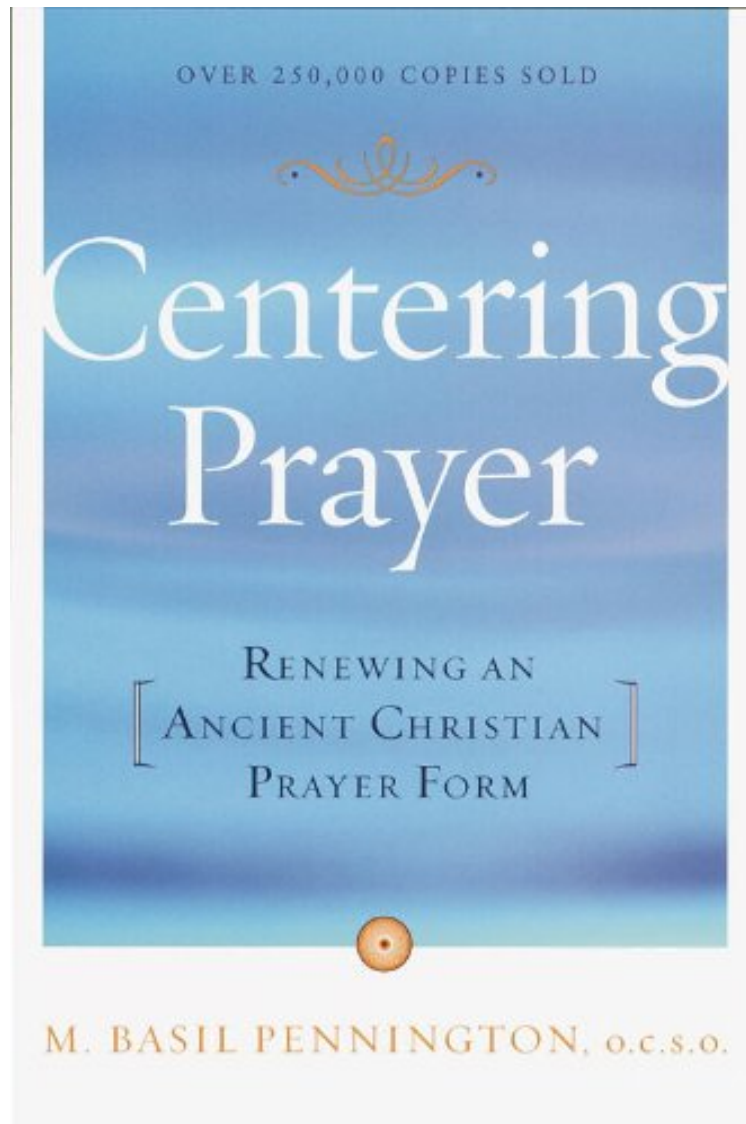


(Read download) Centering Prayer: Renewing an Ancient Christian Prayer Form

## Centering Prayer: Renewing an Ancient Christian Prayer Form

*Von Basil Pennington*

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**Von Basil Pennington : Centering Prayer: Renewing an Ancient Christian Prayer Form** before purchasing it in order to gage whether or not it would be worth my time, and all praised Centering Prayer: Renewing an Ancient Christian Prayer Form:

KundenrezensionenHilfreichste Kundenrezensionen1 von 1 Kunden fanden die folgende Rezension hilfreich. Slipping silently into CenterVon Phyllis BeckmanIt is with great joy that I accompany the author into the communion of those saints who have mentored both of us; Thomas Merton, to whom he attributes the term, "Centering", Teresa of Avila,

St. John of the Cross, Thomas Keating, Edward Hays, the unnamed author of the ancient classic, "The Cloud of Unknowing", among others. His broad acquaintance with spiritual persons sharing the blessing of praying interiorly introduces many others as well. Having recently purchased the hard cover 1980 edition I'm reminded that, had I read it in its entirety 20 years ago, I would have been fascinated, but unable to grasp the metaphoric descriptions of this indescribable form of prayer. A couple of years ago, after years of trying to "make contemplation work", I settled into the prayer phrase, "Gracious Lord, I surrender to your care." I cannot pinpoint the hour during which God's hug enveloped me to allow the holy privilege of slipping silently into Center, but I recognize that it was entirely the work of God, and not of my dogged determination. Because of the many workshops Pennington has conducted, the last section of the book in response to questions raised both by puzzled and skeptical participants echoed many of my own. Perhaps the question section is the place to begin, because the longings expressed therein may remind all of us of our beginnings. I sense those spiritual mothers and fathers smiling as I realize that intense longing is a Grace, a Gift, and as I discovered, a Promise as well.

KurzbeschreibungThe practice of prayer and meditation in modern Western Christianity is rooted in the Eastern tradition of early Church prayer as well as the wisdom of early Church fathers. In Centering Prayer, M. Basil Pennington, the author of the highly acclaimed Daily We Touch Him, returns to these roots, offering contemporary Christians a new approach to ancient prayer forms. Pennington combines the best of the Eastern spiritual exercises (such as the Jesus Prayer) with a spirituality for today's world. Addressing the obstacles that discourage people from praying well, he explains how to relax for prayer, how to listen to and be directed by the Other, and how to handle the pain and distractions that can stifle attempts to communicate with God. Centering Prayer has sold more than a quarter million copies since it was first published in 1982. In this eminently practical book, simple, inspiring instructions will help readers find the comfort and the guidance they seek through prayer.

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Synopsis A book that combines the best of Eastern Christian spiritual exercises with a spirituality for the world of today, Centering Prayer offers practical suggestions for overcoming the problems that discourage people from praying well.