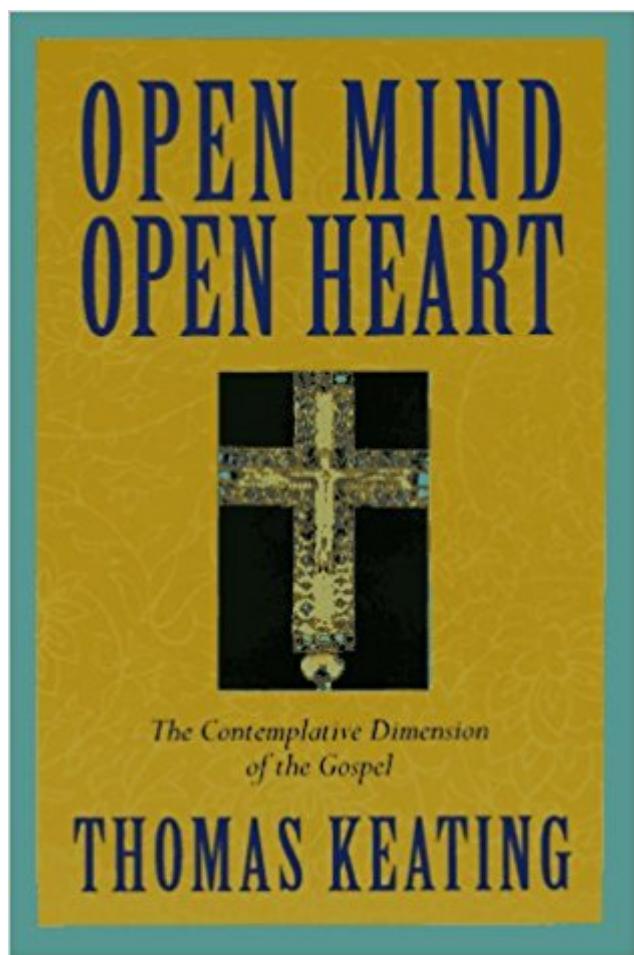


The book was found

Open Mind, Open Heart: The Contemplative Dimension Of The Gospel



Synopsis

This book is designed to initiate the reader into a deep, living relationship with God. Written by an acknowledged spiritual master, the book moves beyond "discursive meditation and particular acts to the intuitive level of contemplation." Keating gives an overview of the history of contemplative prayer in the Christian tradition, and step-by-step guidance in the method of centering prayer. Special attention is paid to the role of the Sacred Word, Christian growth and transformation, and active prayer. The book ends with an explicit treatment of the contemplative dimension of the gospel. Open Mind, Open Heart will take readers into a world where God can do anything, into a realm of the greatest adventureâ "Where one is open to the Infinite and hence to infinite possibilities.">

Book Information

Paperback: 160 pages

Publisher: Continuum (1995)

Language: English

ISBN-10: 0826406963

ISBN-13: 978-0826406965

Product Dimensions: 0.5 x 6.2 x 9.2 inches

Shipping Weight: 8.8 ounces

Average Customer Review: 4.6 out of 5 stars 191 customer reviews

Best Sellers Rank: #239,676 in Books (See Top 100 in Books) #31 in Books > Christian Books & Bibles > Catholicism > Theology #360 in Books > Religion & Spirituality > Worship & Devotion > Meditations #638 in Books > Christian Books & Bibles > Worship & Devotion > Meditations

Customer Reviews

First published in 1986 and in print--and immensely popular--ever since, Open Mind, Open Heart, by the Trappist Monk Thomas Keating, remains one of the best introductions to a specifically Christian form of meditation. Father Keating gives the reader an overview of what contemplative prayer both is and isn't; he discusses the history of contemplative prayer in the Christian tradition and then explores step by step the process of Centering Prayer, briefly exploring its origins in the ancient church and then demonstrating its use as "a sign of one's intention" to surrender to God. Each chapter concludes with questions and answers that provide useful information in an informal context. Here in particular we get a sense of Keating's clarity--and his sense of humor. For example, in response to a question about the sudden experience of happiness in prayer, Keating responds, "You should not take prayer too seriously. There is something playful about God. You only have to

look at a penguin ... to realize that He likes to play little jokes on creatures." --Doug Thorpe

"The leader within the Catholic world in the task of recovering our Christian contemplative heritage."â "Ewert Cousins, General Editor, World Spirituality: An Encyclopedic History of the Religious Quest"We started going to St. Benedict's Monastery in Snowmass when I was 7 years old. Several years later, Keating became a St. Benedict's monk. He developed centering prayer, which is a lot like meditation and what this book is about. He says that meditation (or centering prayer) is a way of reducing the obstacles to the development of grace. I can sit for only five to ten minutes. It's very hard for me. Still, when I get in trouble, it shifts my perspective. As they say, we don't pray to change our circumstances; we pray to change ourselves."- Books from O, the Oprah Magazine, May 2005"We started going to St. Benedictâ ™s Monastery in Snowmass when I was 7 years old. Several years later, Keating became a St. Benedictâ ™s monk. He developed centering prayer, which is a lot like meditation and what this book is about. He says that meditation (or centering prayer) is a way of reducing the obstacles to the development of grace. I can sit for only five to ten minutes. Itâ ™s very hard for me. Still, when I get in trouble, it shifts my perspective. As they say, we donâ ™t pray to change our circumstances; we pray to change ourselves." - Books from O, the Oprah Magazine, May 2005 --This text refers to an out of print or unavailable edition of this title.

A very good book, but I felt it was a bit redundant. Even so it was worth reading.

Love Thomas Keating!

thought provoking

Yes, I did find this book on Centering prayer more informative then the others.... a good start.

This is a must read to teach and understand Centering Prayer. It includes examples, stories, history, and more.

Makes the wisdom of the long contemplative tradition of Christianity approachable (and practicable) for today.

Fortunately, I had a facilitator guiding me through this book. The guide instructed to read four (4) chapters per week and practice centering prayer. As I read and highlighted and practiced, I found Thomas Keating's work as marvelous; helpful and his delightful humor allowed me to work hard toward centered prayer. Peace and promise yourself to practice this contemplation process. Enjoy.

Got this book at the recommendation of a friend. I love Thomas Keating's positive encouragement throughout the book and would recommend it to anyone wanting to learn more about centering prayer.

[Download to continue reading...](#)

Open Mind, Open Heart: The Contemplative Dimension of the Gospel Full Color Illustrations of the Fourth Dimension: Tesseracts and Glomes (The 4th Dimension Book 1) Full Color Illustrations of the Fourth Dimension: Hypercube- and Hypersphere-Based Structures (The 4th Dimension Book 2) Open Heart, Open Mind The Open Heart Companion: Preparation and Guidance for Open-Heart Surgery Recovery Surgery Open Heart: A Surgical Nurse Guides You Through Open Heart Surgery A Mind at Home with Itself: How Asking Four Questions Can Free Your Mind, Open Your Heart, and Turn Your World Around Master Your Mind: Achieve Greatness by Powering Your Subconscious Mind [mental power, mind control, thought control] (brain power, subconscious mind power, NLP, Neuro Linguistic Programming) Peace Within: Clear Your Mind, Open Your Heart, Embrace Your Soul and Heal Your Life Contemplative Science: Where Buddhism and Neuroscience Converge (Columbia Series in Science and Religion) The Compleat Angler; Or, The Contemplative Man's Recreation The Healing Power of Meditation: Leading Experts on Buddhism, Psychology, and Medicine Explore the Health Benefits of Contemplative Practice Everything Belongs: The Gift of Contemplative Prayer The Contemplative Pastor: Returning to the Art of Spiritual Direction Contemplative Youth Ministry: Practicing the Presence of Jesus (Youth Specialties) The Mystic Way of Evangelism: A Contemplative Vision for Christian Outreach Slow Stitch: Mindful and Contemplative Textile Art Awake at the Bedside: Contemplative Teachings on Palliative and End-of-Life Care Using the Enneagram in Prayer: A Contemplative Guide The Arts of Contemplative Care: Pioneering Voices in Buddhist Chaplaincy and Pastoral Work

[Contact Us](#)

[DMCA](#)

[Privacy](#)

FAQ & Help