



The Heart of the World: An Introduction to Contemplative Christianity

Thomas Keating

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The transcendent experience that many Christians seek in Eastern religions is abundantly available to those who make use of the suggestions in this introduction to contemplative Christianity. The Christian heritage contains a rich contemplative wisdom, literature, and practice, and this volume is written for those who would like to find enrichment in spiritual practices grounded in non-Christian religions while retaining basic Christian commitments. Traditional Christian subjects such as sacrifice, redemption, salvation, faith, and prayer are discussed to foster understanding of their contemplative aspects. Explanations on how practices such as Lectio Divina clear the mind of the hectic nature of everyday life and help prepare the heart for profound listening to the divine within are also included.

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