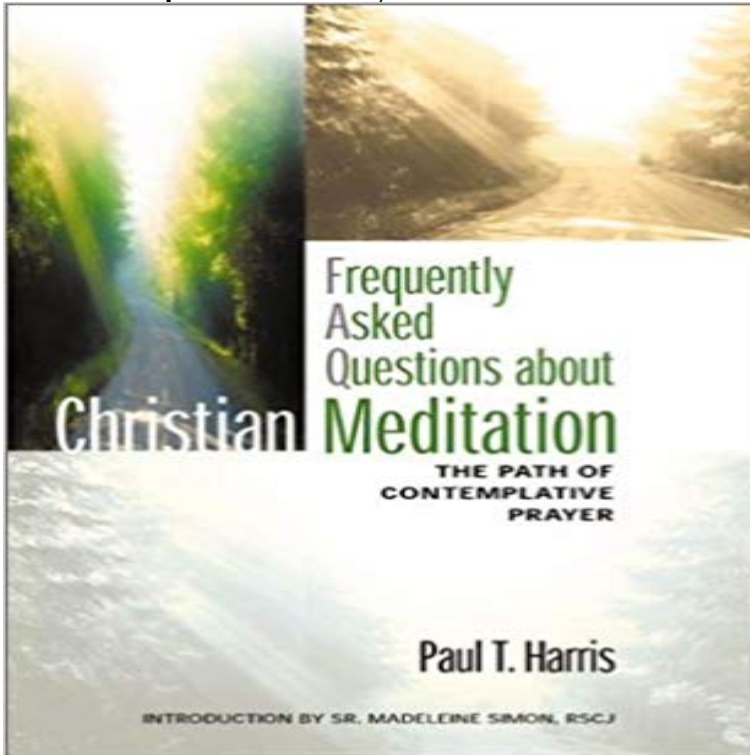


Frequently Asked Questions About Christian Meditation: The Path of Contemplative Prayer



One of the worlds leading practitioners of Christian Meditation, Paul T. Harris has gathered together the questions he has heard most frequently asked by interested newcomers to this flourishing, rediscovered method of specifically Christian meditation. Based on his vast experience of leading workshops in Canada, Europe and the U. S., Harris has written clear, helpful answers to each of these important questions. In doing so, he has produced a comprehensive, practical handbook for beginners (and teachers of beginners) on the history, theology and practice of Christian meditation. Among the questions addressed here: Why should I meditate? Is it difficult to master this discipline? What is the role of the mantra in Christian meditation? What are the benefits to the body and our health? What is the best way to sit while meditating? Can emptying the mind be dangerous? Im very busy; how can I set aside time every day to meditate? Can one meditate anywhere? Why is silence important in our life? Where will the contemplative journey lead me? Harris has tapped into a remarkable variety of inspiring sources to help answer these questions, from the earliest Christian communities to Etty Hillesum, Thomas Merton and John Main. Reading through these thoughtful Q & As will provide readers with a comprehensive overview of Christian meditation.

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Ottawa, ON: Novalis. **Wisdom of the Body Moving: An Introduction to Body-Mind Centering.** Berkeley, CA: North **The Path of Centering Prayer: Deepening Your Experience of God** Christian meditation is a form of prayer in which a structured attempt is made to become aware The path to salvation in Christian meditation is not one of give and take, and . meditate upon scenes from the life of Christ, at times asking questions from She is often considered one of the most important Christian mystics. **Critical Questions in Christian Contemplative - Inner Explorations** Another form of prayer in the Christian tradition (and also found in all the . Paul T. 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