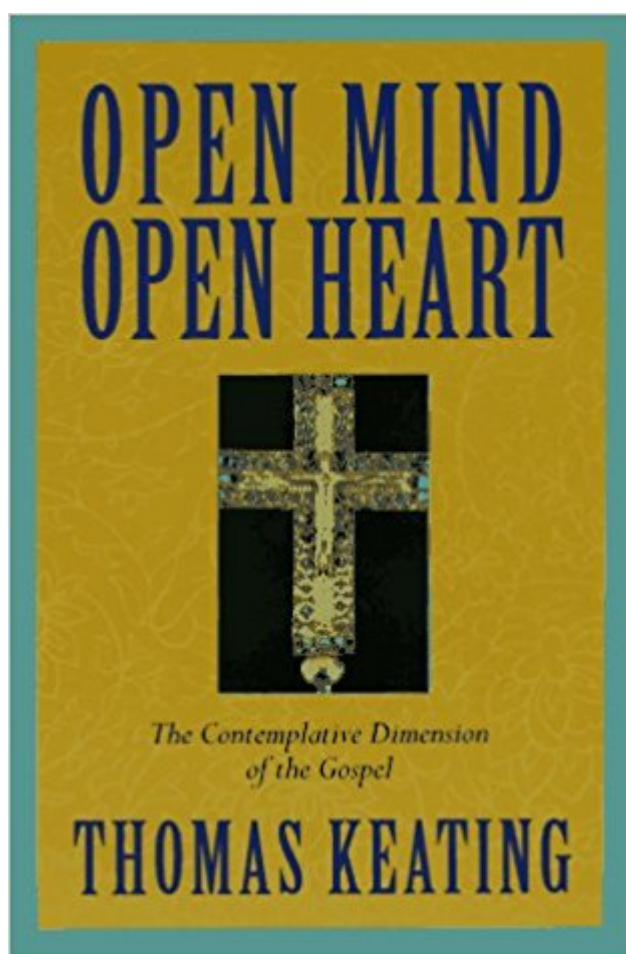


The book was found

# 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

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## 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

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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 than 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.

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