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Coming at the heart of this
are the four guidelines for
how you do the practice
which come from twenty-
five years of centering
prayer teaching. As I told
you this is a very old

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workshop. And I'm going
to read the guidelines to
you and then talk about
each one a little bit.

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Cynthia Bourgeault shows
how chanting the Psalms -
those 150 exquisite hymns
of praise to God from the
Bible - can become a

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meaningful form of
ebooks
meditation and prayer for
laypeople, leading to
contemplation, insight,
and joy. The mindfulness
produced by chanting can
be tapped into by anyone
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or ...

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Novice to long-term

practitioner, this group is
for people worldwide who
want to learn and grow in
the practice of Christian
meditation known as
Centering Prayer as taught
by Rev. Cynthia
Bourgeault, Fr. Thomas

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Centering Prayer and Inner
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Cynthia Bourgeault,

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Bourgeault covers the
standard topics to
introduce this practice: an
overview of the method, a
survey of it's history and
development, etc. Similar

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discussions can be found
in the works of Thomas
Keating and Basil
Pennington among others.

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Cynthia Bourgeault, the
retreat leader, has worked
closely with Fr. Thomas
Keating, founder of the

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Centering Prayer method,
for nearly 25 years and is
the author of the
acclaimed book Centering
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contemplative path.
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Bourgeault. Part of my
Lenten devotion was to be
more intentional with
meditation and prayer.

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Was able to start reading
this last night. Looking
forward to getting into it
more! It always takes me
about a week to think
about what devotion I will
take into Lent. I'm always
coming to the show late ...

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Deeper Silence, Deeper
Self "Silence is God's first
language ...

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She is the author of
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numerous books, including
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The Wisdom Jesus. Her
latest book is Eye of the
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This is part one of a two-part interview. Cynthia Bourgeault previously joined us on Encountering Silence (Episodes 58 and 59).

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