



Centered Living: The Way of Centering Prayer

Pennington M. Basil

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This look at the popular contemplative technique known as Centering Prayer is your key to a richer spiritual life. In easy-to-understand, non-technical language, internationally renowned author M. Basil Pennington combines testimonies of practitioners, updated guidelines, theological reflections, and helpful hints for teaching others in an exploration of all the essential information about Centering Prayer.

For millions of Christians worldwide, it is the *experience* of prayer rather than the words which constitute it that are most important. In its simplicity, Centering Prayer opens our hearts to God, cleanses the mind, and soothes the soul.

More than just a catalog of facts and practical suggestions, this book benefits even the most seasoned practitioner or teacher of Centering Prayer. However, the clarity of Father Pennington's approach also enables newcomers, Catholic and non-Catholic alike, to develop a firm grasp of the practice.

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