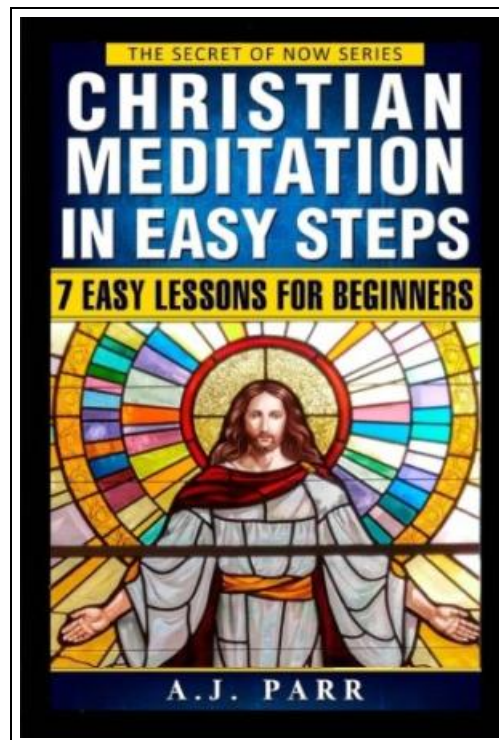


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CHRISTIAN MEDITATION IN EASY STEPS: UNDERSTANDING THE TEACHINGS OF JESUS, MEISTER ECKHART, ECKHART TOLLE, ST. TERESA OF AVILA AND MORE



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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 178 pages. Dimensions: 9.0in. x 6.0in. x 0.5in. NEW EDITION: 7 LESSONS AND 7 EXERCISES FOR BEGINNERS! THIS WORKBOOK FOR BEGINNERS contains the basic steps of Christian meditation, also known as the ancient practice of inner silence, originally imparted by Jesus to his closest disciples. The product of four decades of comparative religion research and meditation practice, these pages are primarily based on the four canonical Gospels as well as the Old Testament. They are based on the assumption that to practice Christian meditation you do not need to change your present beliefs or specific religious denomination. Thus, the teaching imparted in his book is open to Catholics, Evangelic, Orthodox, Anglicans, Presbyterians, Unitarians, Methodists and virtually all Christians interested in learning a quick way to experience inner peace and discover the joy of living and experiencing Heaven within. To better understand this ancient practice, I have also included a series of selected writings by notable Christians of all times: from St. Augustine, Meister Eckhart, St. Teresa of Avila, St. John of the Cross, St. Thomas Moore, Martin Luther, Mother Theresa and even pope Francis, to more holistic spiritual teachers like Eckhart Tolle, Jiddu Krishnamurti and Allan Watts, among others. In short words, the practice imparted in these pages is based on attaining a state of inner silence or inner stillness, as stated by the German mystic and Dominican monk Meister Eckhart (1260-1327) who stated that there is a huge silence inside each of us that beckons us into itself, and the recovery of our own silence can begin to teach us the language of Heaven. The early Christian ascetics known as the Desert Fathers practiced interior silence and continual prayer, also known as Hesychasm, which in Greek means...

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