



Intimacy with God: An Introduction to Centering Prayer

By Thomas Keating

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A poetic and accessible introduction to the method of Centering Prayer, this guide explains its origins, theological basis, and psychology by drawing on the writings of important Catholic figures, such as St. Teresa of Avila and St. John of the Cross, and significant texts, such as *The Cloud of Unknowing*. Describing the theological basis for the Centering Prayer while staying rooted in the heart of a practice that is very personal and intimate, the study explores how harmful attitudes and beliefs about God can distort a positive relationship with the divine. With a careful balance of both Christian and Buddhist philosophy, the volume also discusses the psychological barriers and levels of resistance that contemplatives must face and bolsters seekers with supportive practices like *Lectio Divina* (holy reading) and praying the rosary. Updated to include a new foreword, this revised edition of a much loved classic is sure to inspire a deeply intimate experience with God.

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Editorial Review

Review

"This is perhaps Keating's most readable and enlightening work. Filled with insight and practical advice, it offers sound wisdom on the way that centering prayer can deepen our intimacy with God." —*Spiritual Book News*

"Packed into this book is a treasury of spiritual history and teaching. There is a richness of complexity which is always disciplined by the simplicity of the goal of prayer—union (or intimacy) with God." —*St. Anthony Messenger*

"For all those aspiring to a genuine spiritual life, Father Keating has charted a course that will take us progressively closer to our divine goal as we learn to touch God, first with the words of our lips, then with reflections of the mind and with the feelings of the heart." —*Living Prayer*

From the Publisher

A Trappist monk and founder of the Centering Prayer Movement, Thomas Keating provides this poetic and accessible introduction to the very method of Centering Prayer. Combining the experience of contemplation with the discernment of a spiritual director.

From the Back Cover

Thomas Keating is a Cistercian monk and is a founder of the Centering Prayer movement. This is perhaps Keating's most readable and enlightening work.

Users Review

From reader reviews:

Jonathan Woods:

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