



Finding Grace at the Center: The Beginning of Centering Prayer

M. Basil Pennington Bourgeault

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A new edition of the classic that helped launch the Centering Prayer movement. Centering Prayer is a precious part of the ancient spiritual traditions of the West. When *Finding Grace at the Center* was first published in 1978, people all over the world welcomed this practical guide to a simple and beautiful form of meditative prayer. Reflections and advice on Centering Prayer's possibilities - and its pitfalls - are presented with clarity and simplicity, with a vision of the deeper life of the soul that contemplative prayer can bring about. Now, with a new foreword by Rev. Cynthia Bourgeault, PhD, another generation will discover the amazing difference Centering Prayer can make in their lives.

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