



Christian Meditation: Your Daily Practice

Laurence Freeman

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A concise handbook by a highly respected meditation teacher.

Written in the tradition of John Main, the pioneer who revived the Christian tradition of meditation, this book is an ideal introduction to the discipline of daily meditation.

John Main called the practice of meditation a pilgrimage to our own heart. Laurence Freeman adds that "the solitude of meditation cures our most painful loneliness and reveals that we are in a deep and essential relationship."

For anyone who seeks fullness of being and a deepening of his or her spiritual life, *Christian Meditation: Your Daily Practice* is a perfect guide. Here are practical essentials of meditation leading the reader to the still centre of prayer, "the human consciousness of Jesus worshipping God in the Spirit."



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