



# **The Foundations for Centering Prayer and the Christian Contemplative Life: Open Mind, Open Heart; Invitation to Love; The Mystery of Christ**

*Thomas Keating O.C.S.O.*

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An indispensable anthology of three of Father Keating's most inspirational works.

Open Mind, Open Heart is a classic best-seller. It initiates the reader into a deep, living relationship with God. Keating gives an overview of the history of contemplative prayer in the Christian tradition, and step-by-step guidance in the method of centering prayer. Special attention is paid to the role of the Sacred Word, Christian growth and transformation, and active prayer.

Invitation to Love: The Way of Christian Contemplation is the natural next step. In Open Mind, Open Heart, Father Keating presents the beginning of a process of spiritual growth. In this book, he outlines and explains the actual stages of this process, tackling questions such as: How will it affect my life? Where does it lead us spiritually? What obstacles will I encounter along the way? Why is it necessary? How does it work?

Also following upon Open Mind, Open Heart, presenting a profound formation in Christian prayer, Mystery of Christ demonstrates the contemplative dimension of Christian worship. Here Father Keating recovers the deeper sense of the liturgical year and shares a theological and mystical perspective on the major feasts of the annual cycle. The reader is immersed in the wonder of faith in the mystery of Christ and of the unique nature of God's action and presence in and through the liturgy of our lives.

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