

The practice of prayer and meditation in modern Western Christianity is rooted in the Eastern tradition of early Church prayer as well as the wisdom of early Church fathers. In *Centering Prayer*, M. Basil Pennington, the author of the highly acclaimed *Daily We Touch Him*, returns to these roots, offering contemporary Christians a new approach to ancient prayer forms. Pennington combines the best of the Eastern spiritual exercises (such as the Jesus Prayer) with a spirituality for today's world. Addressing the obstacles that discourage people from praying well, he explains how to relax for prayer, how to listen to and be directed by the Other, and how to handle the pain and distractions that can stifle attempts to communicate with God. *Centering Prayer* has sold more than a quarter million copies since it was first published in 1982. In this eminently practical book, simple, inspiring instructions will help readers find the comfort and the guidance they seek through prayer.

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