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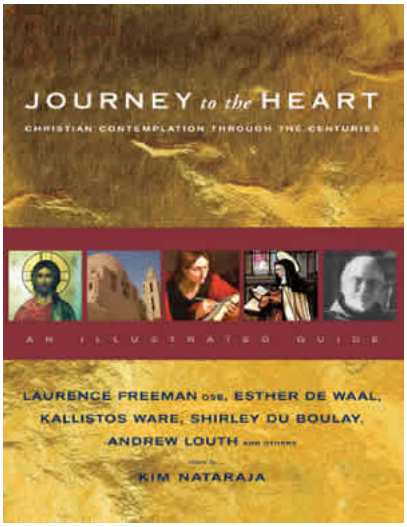
New Book: Journey to the Heart



JOURNEY TO THE HEART

Christian Contemplation Throughout the Centuries - an illustrated guide

Edited by Kim Nataraja

Published by Canterbury Press in the UK, Orbis in the US and Novalis in Canada November 2011.

At a time when there is often a bewildered superficiality in the spiritual marketplace, this book will be a help and longterm friend for many seekers of all traditions as well as those without a named path.

In an alluring and refreshing way it guides us through the rich stream of Christian Mysticism from its inception to today. By using key spiritual teachers as stepping stones along the way we are able to form a personcentred overview of the great tradition that has helped shape us all.

From Laurence Freeman?s opening chapters on Jesus and the New Testament we move directly into the stream for which this is the spring. It leads us to discover the great Patristic teachers, then on through the Desert Fathers, Meister Eckhart, the English Mystics, the Spanish Mystics and up to modern times, with emphasis on key figures such as Thomas Merton, John Main and Bede Griffiths. The reader will be given enough both to form a fresh overview of the tradition and to be inspired to dip in deeper as the Spirit leads in future seekings.

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