



The Secret Life: A Christian Contemplative's Life of Meditation (Paperback)

By Dan Bridge

Dan Bridge, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This is the book I wish I had thirty-five years ago, when I was first learning how to meditate and contemplate, in order to live a God-directed life. This book instructs one in how to live a life of Christian contemplative meditation. One is taught principles of consciousness and awareness, mind, and body, as they pertain to the teaching of Jesus. One learns to practice the presence of God in the manner of Brother Lawrence and meditate such that one experiences the Silence and Holy Spirit. Through these practices, it is possible for one's life to improve through spiritual healing of mind and body. By focusing on imbuing the mind with truth, this book teaches forms of meditation enabling the experience of God and healing. Christian scriptures, seed questions, and active listening are used in meditation to transcend the human mind and receive inner teaching from God. This is a practical Christian contemplative way of life based on spiritual principles taught by Jesus Christ. This approach to contemplative meditation, practicing the presence of God, and study of scripture, involves living a normal life...



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