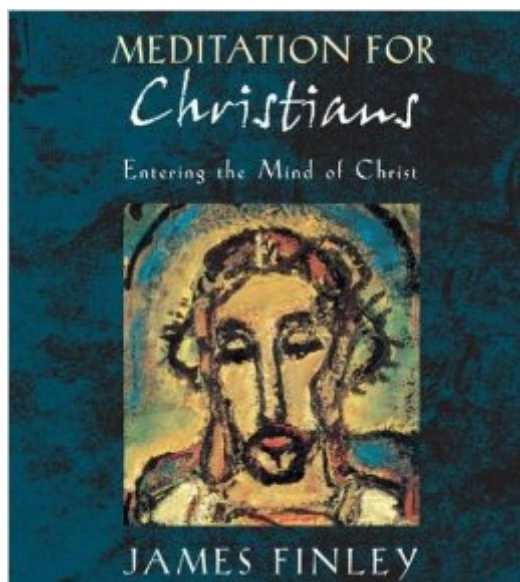


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# Meditation For Christians: Entering The Mind Of Christ



## Synopsis

A practice-oriented course in Christianity's unique meditation tradition, contemplative prayer, presented by James Finley, author, teacher, and former student of Thomas Merton. Finley has been at the forefront of the Christian meditation movement for over 20 years, and in this guided retreat, he leads you into your own direct experience of the heart of contemplative prayer. Includes a complete guided session on the practice of Christian meditation.

## Book Information

Audio CD

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Average Customer Review: 3.9 out of 5 stars [See all reviews](#) (7 customer reviews)

Best Sellers Rank: #1,125,320 in Books (See Top 100 in Books) #309 in [Books > Books on CD > Health, Mind & Body > Meditation](#) #344 in [Books > Books on CD > Health, Mind & Body > Relaxation & Meditation](#) #898 in [Books > Books on CD > Religion & Spirituality > Christianity](#)

## Customer Reviews

The origins of meditation are vast: Hindu Temples, Christian monasteries, Buddhist Sanghas, and other mainstream religions at their ancient roots. This CD is for Christians in mind so you can experience and learn the benefits of this stress relief practice without contradicting your belief system.

The idea that Meditation for Christians is a confusing dissertation would come only from a confused mind that does not understand meditation. Meditation for Christians takes the listener into a place where one can behold the wonders of God (and grow in indescribable appreciation of those wonders); the author accomplishes this not by spoon-feeding the listener, but by letting the listener find his way, wander, discover on his own the meaning of life possible in the mind of Christ.

James Finley is a rare guide. He is an erudite and articulate gentle guide who seems to want to take the listener's hand and walk beside them on their journey. Many "teachers" teach at a distance,

this teacher aims for the heart and manages to be accessible, meeting the listener where they are and also inspiring them to reach and stretch. He seems genuine and a person who walks his talk. I have a large library of recorded seminars and this is a very very good one.

I adore this CD series! Finley's voice is like music, and like hearing the Truth. His thoughtful insights are powerful, subtle, & inspiring. I've listened to each CD over and over and always get something new out of them. I feel immense gratitude at having stumbled across this series. Finley really cares about what he is describing and cares about explaining it thoroughly and with total care. He is a teacher and a hero.

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