



Centering Prayer: Renewing an Ancient Christian Prayer Form

By Basil Pennington

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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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Editorial Review

From the Publisher

A book that combines the best of Eastern Christian spiritual exercises with a spirituality for the world of today, *Centering Prayer* offers practical suggestions for overcoming the problems that discourage people from praying well.

From the Inside Flap

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About the Author

M. BASIL PENNINGTON, O.C.S.O., became known internationally through his efforts to help the Church rediscover its contemplative dimension through the Centering Prayer movement. He has lectured widely and published over 50 books and nearly 1,000 articles in various languages. His most recent publications are *Lectio Divina: Renewing the Ancient Practice of Praying the Scriptures* and *Living in the Question*. Father Basil is presently living in retirement at St. Joseph's Abbey in Spencer, Massachusetts.

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