



## Sacred Breath: Forty Days of Centering Prayer (Paperback)

By J David Muyskens

Upper Room Books, United States, 2010. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book. Centering Prayer is a powerful but little understood prayer practice. In this sequel to Forty Days to a Closer Walk with God, Muyskens clears away the fog in a way that is grounded in scripture and church tradition. In his simple, comfortable writing style, he invites readers to experience Centering Prayer by presenting themselves to God in silence twice a day without any agenda. What follows are forty days of meditations and prayer invitations that provide a structure and routine for practicing Centering Prayer. The meditations are grouped into the four sections, which are titled "Receptivity," "Letting Go," "The Christ Within," and "The Christ Without." Instructions for weekly group meetings of individuals undertaking the forty days of practice are included. Scripture and breathing exercises are among the prayer supports the author presents. Muyskens reflects throughout the book on the untimely death of his daughter-in-law and on his own physical ailments brought on by the stress of trying to do it all himself. He writes honestly of his own experiences of sadness and uncertainty, and how he has found comfort even deep...

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