



The Heart of Centering Prayer: Nondual Christianity in Theory and Practice

Cynthia Bourgeault

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Perceiving nondual awareness through the Christian contemplative method called Centering Prayer--an in-depth introduction to theory and practice by the best-selling author *The Wisdom Jesus* and *The Meaning of Mary Magdalene*.

Cynthia Bourgeault claims that the salvation Jesus taught was in fact the perception of nonduality--and she's becoming famous for how she backs up this claim quite reasonably, relying on the Bible, church fathers, and especially the Christian contemplative tradition. The notion of nondual Christianity doesn't originate with her, of course, but she's prominent as one of the more articulate voices making people aware of it today. In this new book, she teaches the basics of Centering Prayer as a way to the perception of noduality. It thus will go a bit deeper theoretically/theologically than the other numerous Centering Prayer books, while still serving as a basic introduction. And in the fascinating third part of the book, she analyzes the Christian mystical classic *Cloud of Unknowing*, to find in it a model for living with nondual consicousness.

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