



Christian Meditation

James Finley

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Christian Meditation introduces an ancient practice to a contemporary audience. James Finley, a former monk and student of Thomas Merton, presents the fundamentals of both understanding and practicing Christian meditation. He provides simple, helpful instructions, as well as explaining the deeper connection with the divine that meditation can bring. Above all, he makes clear that the aim of meditation is to allow us to experience divine contemplation -- the presence of God.

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