

## The gift of contemplative prayer -- 4 of 4

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Fr. Thomas Keating

### **Episode 4: The need for renewal** (19 min.)

Forty years of studying contemplation has led Fr. Keating to this conclusion: "All of Christianity and especially the institutional aspects and structures of it need to be regularly renewed to ensure they are transparent of the original intention of the Gospel," which he says is "the way of transformed life. He talks about recovering a contemplative dimension for our society that will give us the courage to face pressing social needs as well as the ordinary human problems of our private lives. Fr. Keating also describes a "contemplative Mass."

This is an encore presentation. This podcast was first aired in December 2007.

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### **The gift of contemplative prayer**

Trappist Fr. Thomas Keating speaks on the ancient and modern origins of contemplative prayer, which he calls Centering Prayer, and its place in our lives. He sees contemplative prayer as a gift from God, allowing us to open to the Spirit in a deeper and much needed way.

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