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The gift of contemplative prayer -- 1 of 4

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Fr. Thomas Keating

Episode 1: Rediscovering the tradition (17 min.)

"Centering prayer is not something new," Keating tells interviewer Tom Fox. "It is simply an effort to update the apophatic contemplative tradition coming down from Gregory of Nyssa and The Cloud [of Unknowing] and the Carmelites, John of the Cross and Teresa of Avila." Keating set about rediscovering this tradition for what he calls "the grass-roots part of the church, the parishes and the schools."

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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