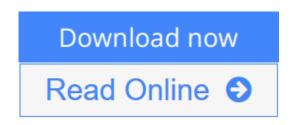


## Invitation to Love 20th Anniversary Edition: The Way of Christian Contemplation

By Thomas Keating O.C.S.O.



#### **Invitation to Love 20th Anniversary Edition: The Way of Christian Contemplation** By Thomas Keating O.C.S.O.

*Invitation to Love* provides a road map for the journey that begins when Centering Prayer is seriously undertaken. Pointing to some of the recognizable landmarks on this journey, as well as to its ultimate destination, Father Keating addresses common questions regarding contemplative practice: How will it affect my life? Where does it lead us spiritually? What obstacles will I encounter along the way? How does it work? Following on from *Open Mind, Open Heart*, this book establishes a dialogue between the insights of contemporary psychology and the classic Christian spiritual masters, providing a solid conceptual background for the practice of Centering Prayer. This is a practical book, articulating the stages of the process of spiritual growth, and outlining how we might develop a deeper relationship with God and move from contemplation to action.

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#### About the Author

Father Thomas Keating is known throughout the world as an exponent, teacher, and writer on contemplative prayer. A Cistercian (Trappist) monk of St. Benedict's Monastery, Snowmass, Colorado, he is a founder of the Centering Prayer Movement and of Contemplative Outreach.

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