

# Contents

|                                                           |    |
|-----------------------------------------------------------|----|
| Preface .....                                             | 4  |
| 1. Awareness and Trust .....                              | 9  |
| 2. Gratitude and Joy .....                                | 19 |
| 3. I and You .....                                        | 27 |
| 4. Emptiness and Fullness .....                           | 37 |
| 5. Healing and Wholeness .....                            | 47 |
| 6. Suffering and Consolation .....                        | 57 |
| 7. Forgiveness and Reconciliation.....                    | 65 |
| 8. Vocation and Mission .....                             | 73 |
| 9. Jesus the Master .....                                 | 83 |
| Appendix 1: Guidelines for Praying the Jesus Prayer ..... | 92 |
| Appendix 2: Living Contemplatively In Daily Life.....     | 93 |
| Contact details .....                                     | 96 |