## TABLE OF CONTENTS

	6
By Brian Johnstone, C.Ss.R.	10
Three Ways to the Center	12
What is Christian Meditation?	23
The Experience of Christian Meditation	42
The Carmelite Tradition and Christian Meditation	56
Christian Meditation and Desert Spirituality	76
Christian Meditation as the Soul of the Apostolate	92
Aspiratory Prayer, A Complement to Christian Meditation	111
Christian Mindfulness	130
of Author	148
	150
	Three Ways to the Center What is Christian Meditation? The Experience of Christian Meditation The Carmelite Tradition and Christian Meditation Christian Meditation and Desert Spirituality Christian Meditation as the Soul of the Apostolate Aspiratory Prayer, A Complement to Christian Meditation Christian Mindfulness