

CONTENTS

<i>Preface</i>	11
1. Cycle of life	15
2. The song	16
3. Unity	17
4. The sea of silence	18
5. Time and beyond	19
6. In the light	20
7. A love affair	21
8. This is our home	22
9. A bond of love	23
10. Ash Wednesday	24
11. Lenten fasting	25
12. Almsgiving	26
13. Praying	27
14. Inner attention	28
15. Passivity	29
16. A different kind of reality	30
17. Stability	31
18. Obedience	32
19. To trust	33

20.	Conversion	34
21.	Happiness	35
22.	Sadness	36
23.	Grace	37
24.	Lord,	38
25.	Truth	39
26.	Emmanuel	40
27.	A metaphor	41
28.	Our faults	42
29.	Freed	43
30.	His will	44
31.	Learning to be	45
32.	Harmony	46
33.	Listen	47
34.	Voices	48
35.	Mindfulness	49
36.	Thoughts	50
37.	A taste of heaven	51
38.	A handful of dust	52
39.	Thy will be done	53
40.	Light and dark	54
41.	Aimless thoughts	55
42.	Nocturnal scene	56
43.	The kingdom	57

44. Turning	58
45. Winter darkness	59
46. His word	60
47. Practice	61
48. Feeling at home	62
49. The world of stars	63
50. A moment of grace	64
51. A time to reflect	65
52. Full moon	66
53. Inner and outer	67
54. Captured thoughts	68
55. As the clouds...	69
56. Inner awareness	70
57. That space within	71
58. Comforting	72
59. Our impotence	73
60. If only...	74
61. Our shadow	75
62. His touch	76
63. Pentecost	77
64. The concept of time	78
65. In proximity	79
66. In our end...	80
67. May the time...	81

68. Whenever I need...	82
69. Our attention	83
70. Our practice	84
71. Forever watchful	85
72. With the light steps...	86
73. Within	87
74. A kind of invocation	88
75. And so the story goes:	89
76. Unified	90
<i>The World Community for Christian Meditation</i>	91
<i>Bonnevaux</i>	93