Contents

	Acknowledgements	7
	Foreword by His Holiness the Dalai Lama	9
	Introduction	13
1	The Key Question	19
2	'And Who Do You Say I Am?'	37
3	Self-Knowledge and Friendship	53
4	What Are the Gospels?	68
5	The Life of Jesus	83
6	The Kingdom of Forgiveness	102
7	Jesus and Christianity	134
8	Conversion	151
9	Spirit	171
О	Meditation	193
I	The Labyrinth	212
12	Steps in Relationship	237
	The World Community for Christian Meditation	265