CONTENTS

| Foreword by Laurence Freeman OSB | 9 |
|--------------------------------------------|----|
| Preface | 11 |
| Introduction | 13 |
| | |
| Part I: Expectations, Beliefs, Experiences | |
| 1. Expecting Results | 19 |
| 2. Assessing Progress | 22 |
| 3. Doubting Our Ability | 25 |
| 4. Questioning the Teaching | 29 |
| 5. Beliefs and Experiences | 33 |
| 6. Ideas and Preconceptions | 37 |
| 7. Personality | 40 |
| Part II: Our Situation | |
| 8. Environment | 45 |
| 9. Family and Friends | 48 |
| 10.Mental Health | 52 |
| 11.Physical Health | 55 |
| 12.Life Story | 58 |
| 13. Current Concerns | 61 |
| 14.Knowledge | 64 |
| 15 Finances | 67 |

Part III: Our Commitment

| 16. Discipline | 71 |
|----------------------------------------------|----|
| 17.Perseverance | 74 |
| 18. Preparation | 77 |
| 19.Self | 81 |
| 20. Service | 84 |
| 21.Community | 87 |
| Closing Thoughts | 90 |
| Recommended Resources | 93 |
| The World Community for Christian Meditation | 97 |
| Bonnevaux | 99 |