CONTENTS

Foreword by Laurence Freeman OSB	
Second Foreword by Professor Ann Buttimer	xiii
Introduction: Minding the Gaps	1
Chapter 1: Jesus, Teacher of Mindfulness	7
Putting on the Mind of Christ	7
Coming back to our Senses	10
The more you See the more you Love	13
Prayer as Awareness	17
The Kingdom of Heaven is 'at Hand'	20
The Intimacy of the Name	24
Chapter 2: What is Mindfulness?	32
Separating Meditation from Faith	32
Seeing Beyond the Horizon	38
Exclusive and Inclusive Christianity	41
Can the Real Mindfulness Please Stand Up!	45
Therapeutic Mindfulness	50
Who were the Christian Mystics?	53
Ways of Learning	57
Chapter 3: Cognitive Therapy of the Desert	
Getting Real with Prayer	61
Taking Good Care	64
The Laying aside of Thoughts	67
Not Judging but Discerning	71

Mindfulness as Health of the Soul	78
Evagrius of Pontus	82
Chapter 4: Making of Oneself a Stepping Stone	87
St Augustine's Confessions as Therapy	87
We admitted we were Powerless	91
Peace of Mind or Mind-Fullness?	95
Tasting Eternity: Food for Body and Mind	98
Hope, Desire and the Body	102
This World is only a Shadow	107
Chapter 5: Letting Go, Letting God	112
Meister Eckhart and Detachment	112
Simplicity and Silent Receptivity	118
The Training of Effortless Attention	122
The Cloud of Unknowing	126
Body, or not Body: that is the Question	133
The Felt Sense of Self	136
Chapter 6: Yoga and Loving-Kindness Meditation	
Stillness of Body, Stillness of Mind	139
Quietening our Conscience	145
Where does Love come from?	149
Wrapping Everything in Love	152
Giving and Receiving Peace and Love	156
The Worshipful Medley of Life	161
Chapter 7: God among the Pots and Pans	164
Mindfulness and the Spanish Mystics	164
The Practice of the Presence of God	168
Pay no Attention to Distractions	174
The Sacrament of the Present Moment	177
The Little Way of St Thérèse	184
An Instant is a Treasure	189

Chapter 8: The Way of Attention		192	
	Walking Mindfully on Water	192	
	Kierkegaard among the Lilies	196	
	The Via Negativa of Simone Weil	201	
	Welcoming all Opinions	205	
	Forgiving our Existence in Time	209	
	The journey of John Main	211	
Conclusion: Making Depth Accessible		220	
Notes Suggested Reading		225	
		245	
Bibliography of Main Texts		250	