

## WORD INTO SILENCE (Collected Talks I)

<b>CD 1 Introduction to Christian Meditation</b>	<b>72:50</b>
1 Being Restored to Ourselves	18:14
2 Learning to be Silent	18:12
3 The Power of the Mantra	18:34
4 The Fullness of Life	17:46

Music: Margaret Rizza *Inpoured Spirit* ©Kevin Mayhew Ltd

<b>CD2 Meditation: The Christian Experience</b>	<b>68:02</b>
1 The Self	17:23
2 The Son	16:45
3 The Spirit	18:33
4 The Father	15:18

Music: Margaret Rizza *Inpoured Spirit* ©Kevin Mayhew Ltd

<b>CD3 Twelve Talks for Meditators (Part 1)</b>	<b>44:27</b>
1 Introduction	2:58
2 The Tradition of the Mantra I	6:23

3	The Tradition of the Mantra II	5:28
4	Saying the Mantra I	5:24
5	Saying the Mantra II	4:59
6	Leaving Self Behind	8:47
7	John Cassian	10:24

Music: Margaret Rizza *Take, Lord* ©Kevin Mayhew Ltd

<b>CD4</b>	<b>Twelve Talks for Meditators (Part 2)</b>	<b>41:07</b>
1	Set Your Mind on the Kingdom	6:38
2	Realizing Our Personal Harmony I	7:05
3	Realizing Our Personal Harmony II	7:19
4	A Present Reality	6:17
5	Christian Community I	7:10
6	Christian Community II	6:37

Music: Margaret Rizza *Take, Lord* ©Kevin Mayhew Ltd