

SITTING STILL



An Encounter
with Christian Zen

Patricia Hart Clifford

Sitting Still An Encounter With Christian Zen

Clemens Wendtner



Sitting Still An Encounter With Christian Zen:

An Introduction to Christian Spirituality F. Antonisamy, 2000 *Without Buddha I Could Not be a Christian* Paul F. Knitter, 2013-01-01 An honest unflinching tale of re finding one's faith from one of the world's most famous theologians Without Buddha I Could Not Be a Christian narrates how esteemed theologian Paul F Knitter overcame a crisis of faith by looking to Buddhism for inspiration From prayer to how Christianity views life after death Knitter argues that a Buddhist standpoint can encourage a more person centred conception of Christianity where individual religious experience comes first and liturgy and tradition second Moving and revolutionary this book will inspire Christians everywhere **Buddhist Thought and Applied Psychological Research** D.K. Nauriyal, Michael Drummond, Y.B. Lal, 2006-08-21 Written by leading scholars and including a foreword by the Dalai Lama this book explores the interface between Buddhist studies and the uses of Buddhist principles and practices in psychotherapy and consciousness studies The contributors present a compelling collection of articles that illustrate the potential of Buddhist informed social sciences in contemporary society including new insights into the nature of human consciousness The book examines the origins and expressions of Buddhist thought and how it is now being utilized by psychologists and social scientists and also discusses the basic tenets of Buddhism and contemporary Buddhist based empirical research in the psychological sciences Further emphasis is placed on current trends in the areas of clinical and cognitive psychology and on the Mahayana Buddhist understanding of consciousness with reference to certain developments in consciousness studies and physics A welcome addition to the current literature the works in this remarkable volume ably demonstrate how Buddhist principles can be used to develop a deeper understanding of the human condition and behaviours that lead to a balanced and fulfilling life Like a Child Rev. Timothy J. Mooney, 2014-05-30 By breaking free from our misperceptions about what it means to be an adult we can reshape our world and become harbingers of grace In our desire to grow up mature become adults we become enamored with who we are supposed to be When we have finally grown up we realize much of who we really are has been left behind or buried under various masks and roles we play But the knowledge of who we truly are never leaves us To reclaim our selfhood we must grow up again and consciously embrace all that it means to be childlike from Chapter 12 It Takes a Long Time to Become Young By restoring the childlike ways of humility trust awe wonder playfulness and more we can recover a fuller picture of what it means to be human This unique spiritual resource explores what Jesus may have meant when he said Unless you change and become like children you will never enter the kingdom of heaven It addresses our modern misperceptions regarding the nature of maturity and the common coping mechanisms distrust guardedness insecurity judgmental thinking we acquire and feel we require in adulthood Along with the wisdom of ancient and modern spiritual luminaries this book provides over twenty five spiritual practices to help us cultivate the childlike ways of attention self awareness joy and resilience in our inner lives as well as in our relationships with others **"True and Holy"** Leo Lefebure, 2014-04-10 When

believers read the sacred texts of other religions through a hermeneutic of hostility the consequences can be deadly Christian history shows that the Bible is no exception In recent decades however many Christian traditions have radically refashioned their approach to other religious traditions and to biblical interpretation This new hermeneutics of generosity seeks to uncover what can be learned from other holy texts and the communities that treasure them and also seeks to find common ground on important issues such as human rights and religious liberty Lefebure offers Christian readings of Jewish Muslim Hindu and Buddhist holy texts that suggest new bases for friendship and understanding Noting the challenges and tensions in the relationship between Christians and these four other religious communities he also examines the specific issues involved in interpreting the Christian Bible in interreligious dialogue He concludes with a reflection on the experience of conversion in light of the theology of Bernard Lonergan and the mimesis theory of Rene Girard

I Am the Bread of Life Suzanne Toolan, Elizabeth Dossa, 2007 Forty years ago Suzanne Toolan wrote the famous hymn I Am the Bread of Life which has since been translated into 25 languages and performed all over the world This book recounts Sr Suzanne's remarkable life and abundant insights into the splendor of music liturgy and faith *CURRENT CONTENTS*, 1997

The Saints' Guide to Happiness Robert Ellsberg, 2003-11-01 Eloquent and delightfully readable Catholic convert Ellsberg makes the spiritual struggles of sanctified men and women accessible and relevant Publishers Weekly In All Saints published in 1997 and already a classic of its kind Robert Ellsberg told the stories of 365 holy people with great vividness and eloquence In The Saints Guide to Happiness Ellsberg looks to the saints to answer the questions What is happiness and how might we find it Countless books answer these questions in terms of personal growth career success physical fitness and the like The Saints Guide to Happiness proposes instead that happiness consists in a grasp of the deepest dimension of our humanity which characterizes holy people past and present The book offers a series of lessons in the life of the spirit the struggle to feel alive in a frenzied society the search for meaningful work real friendship and enduring love the encounter with suffering and death and the yearning to grasp the ultimate significance of our lives In these lessons our guides are the saints historical figures like Augustine Francis of Assisi and Teresa of Avila and moderns such as Dorothy Day Flannery O'Connor and Henri J Nouwen In the course of the book the figures familiar from stained glass windows come to seem exemplars not just of holy piety but of life in abundance the quality in which happiness and holiness converge If you've been thirsting for a more authentic life this is your book In these pages are living templates which spark recognition Sister Helen Prejean CSJ author of *Dead Man Walking*

Vrai et saint Leo D. Lefebure, 2018-09 Les chrétiens ont traditionnellement lu la Bible en opposition avec les autres religions avec des conséquences parfois mortelles Cet ouvrage explore les changements survenus dans l'interprétation chrétienne de la Bible en relation avec les traditions juive musulmane hindoue et bouddhiste Après une longue histoire d'interprétations bibliques hostiles aux autres religions les dernières décennies ont vu moins de la transformation opérée par de nombreux chrétiens dans leur approche des autres religions et dans leur interprétation de la

Bible En adoptant une approche hermeneutique de genros ils cherchent mieux comprendre et trouver un terrain d'entente sur des questions d'importance Lefebure examine les defis et tensions rencontrés dans l'interprétation de la Bible chrétienne dans le cadre du dialogue interreligieux

Index to Jewish Periodicals, 1996 An author and subject index to selected and American Anglo Jewish journals of general and scholarly interests

By Way of the Heart Wilkie Au, 1989 By Way of the Heart comes from the pen of an experienced master Anyone who reads it will find a sure guide along a path that leads to wholeness enlightenment and to God William Johnston S J

Buddhist and Christian? Rose Drew, 2013-07-03 This is a detailed exploration of Buddhist Christian dual belonging engaging from both Buddhist and Christian perspectives the questions that arise and drawing on extensive interviews with well known individuals in the vanguard of this important and growing phenomenon The issue is pressing insofar the last century has witnessed a gradual but profound transformation of the West's religious landscape In today's context of diversity people are often influenced by more than one religion Multireligious identities are consequently on the rise At one end of the spectrum are those who identify themselves as fully belonging to more than one tradition One of the most prevalent combinations is Christianity and Buddhism This book addresses central and fundamental questions How is it possible to be authentically Buddhist and authentically Christian when for example God is central to Christianity yet absent from Buddhism when Christians have faith in Jesus Christ while Buddhists take refuge in the Buddha when Christians hope for heaven and Buddhists hope for nirvana and when Buddhists and Christians engage in different practices Are those who identify themselves as belonging to both traditions profoundly irrational religiously schizophrenic or perhaps just spiritually superficial Or is it possible somehow to reconcile the thought and practice of Buddhism and Christianity in such a way that one can be deeply committed to both And if it is possible will the influence of Buddhist Christians on each of these traditions be something to be regretted or celebrated

Sitting Still Patricia Hart Clifford, 1994 Patricia Clifford came to the Mercy Center in Burlingame California to spend one week simply sitting still on a cushion in a room She was an Episcopalian woman visiting a Catholic retreat center to practice Zen meditation under the direction of a Jesuit priest For seven days she and twenty five other people would sit together in silence for hours on end in an attempt to give mindful attention to each present moment Sitting Still is a personal account of those seven days One great accomplishment of the narrative is that it succeeds in making Zen meditation which evolved within Buddhism intelligible to western Christians It also offers suggestions for carrying the techniques of silent wordless meditation into the daily lives of busy westerners

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The Living Church, 1995

Accidental Buddhist Dinty W. Moore, 1999-02-16 The Accidental Buddhist is the funny provocative story of how Dinty Moore went looking for the faith he'd lost in what might seem the most unlikely of places the ancient Eastern tradition of Buddhism Moore demystifies and explains the contradictions and concepts of this most mystic seeming of religious traditions This plain spoken insightful look at the dharma in America will fascinate

anyone curious about the wisdom of other cultures and other religions Cutting through religious jargon and abstract concepts Moore explains in clear terms why Buddhism is becoming part of popular culture He has the rare ability to be at once sincere about religion and good humored about the human condition The Accidental Buddhist never takes itself too seriously which as Moore discovers Buddhists aren't supposed to do even when they are mindful enlightened and sitting perfectly still Moore's hilarious and sometimes irreverent look at Buddhism is a perfect primer for the budding Buddhist Publishers Weekly Moore's witty and candid regular guy approach to these experiences is entertaining and comforting and his conclusions are right on target Booklist A Sandy Path near the Lake Chalmers Olson, Grant Olson, 2015-06-18 This book presents the long awaited autobiography of Kovit Khemananda a Thai Buddhist artist and spiritual teacher Kovit's life story begins near his home village of Tha Khura in Southern Thailand on the shores of Songkhla Lake He relates growing up surrounded by unique local traditions and abundant natural resources including flora and fauna His own powers of observation are transformed into an aesthetic sense and then into an insightful spiritual quest Kovit seeks meaning in the Thai

Encountering God Diana L. Eck, 2014-10-28 A clarion call for interfaith dialogue in the U S this splendid exposition of non Christian approaches to God encourages an increased religious literacy that will contribute richness and diversity to our national identity Publishers Weekly In this tenth anniversary edition of Encountering God religious scholar Diana Eck shows why dialogue with people of other faiths remains crucial in today's interdependent world globally nationally and even locally As the director of the Pluralism Project which seeks to map the new religious diversity of the United States from Hinduism and Buddhism to Islam she reveals how her own encounters with other religions have shaped and enlarged her Christian faith toward a bold new Christian pluralism **Come and Sit** Marcia Z. Nelson, 2013-05-09 The meditation experience demystified an essential guide to what goes on in meditation centers of many spiritual traditions Today's would be student of meditation is confronted with such a wealth of available traditions from which to learn that it can make the prospect intimidating Where should I start Which one should I try Come and Sit is the perfect companion to guide you on your way From Christian centering prayer to Sufi dhikr chanting the names of God to Zen Buddhist zazen formal silent meditation this book demystifies both the kinds of meditation practiced in different spiritual traditions and the places people go to do them and gives you a real feel for which method might suit you best Why do people meditate How might meditation affect my life What kinds of meditation are there What do people do in each meditation tradition Do I have to be a member of a specific religion to practice meditation Where should I start Meditator and journalist Marcia Z Nelson addresses all of these questions as she takes you on visits to meditation centers of seven different types Christian Zen Insight Vipassana Tibetan Hindu Sufi and Jewish representing the wide range of spiritual traditions that can now be found throughout America She shows what a typical visit to each is like and talks to the teachers and the people who go there to discover how they got started why they keep going and what benefits they derive from the practice A list of further resources for in depth exploration of each

tradition a directory of centers and a glossary of terms make this guide exactly what you need to start meditating Come and Sit is not only a handbook for the beginning meditator but also an excellent resource for anyone who wants to know more about the world's great meditation traditions

The Big Book of Christian Mysticism Carl McColman, 2010-01-01 An introduction to the mystical component of Christianity reveals its ancient traditions of meditation philosophy enlightenment and devotion to the blissful experience of a Divine presence in a volume that combines practical instruction with historical biographical and biblical information

What I Am Living For James Martin S.J., Robert Ellsberg, Daniel P. Horan, Kaya Oakes, 2018-03-16 If you want to identify me ask me not where I live or what I like to eat or how I comb my hair but ask me what I am living for in detail and ask me what I think is keeping me from living fully for the thing I want to live for Thomas Merton Some of today's most popular spiritual writers including Rev James Martin S J Bishop Robert Barron Robert Ellsberg Rev Daniel P Horan O F M and Kaya Oakes explore the meaning of life and what we live for using Thomas Merton's life and writings as a guide In his address before the US Congress Pope Francis praised Merton as one of four exemplary Americans This was no surprise to the thousands who already know and appreciate the twentieth century monk but there were many listening that day who still have no idea who Merton is What I Am Living For offers readers new to Merton as well as longtime enthusiasts an opportunity to see how the influential twentieth century monk and writer continues to encourage the awakening of faith in the twenty first century The book is in two parts Each contributor to part one focuses on an aspect of the spiritual life that is of vital importance today and on which Merton made a profound impact These include Martin Finding who God intends you to be Ellsberg The spiritual need for solitude and stability Oakes The importance of coming to terms with our sexuality whether married single or celibate Horan The importance of dialogue with God culture society and people of other faiths Part two features shorter often more personal reflections on the future of faith the life and teachings of Merton and what he still says to anyone who seeks a relationship with God Contributors include such well known writers as Barron Sue Monk Kidd Pico Iyer Paula Huston Ilia Delio O F M Paul Quenon O C S O and Sylvia Boorstein

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