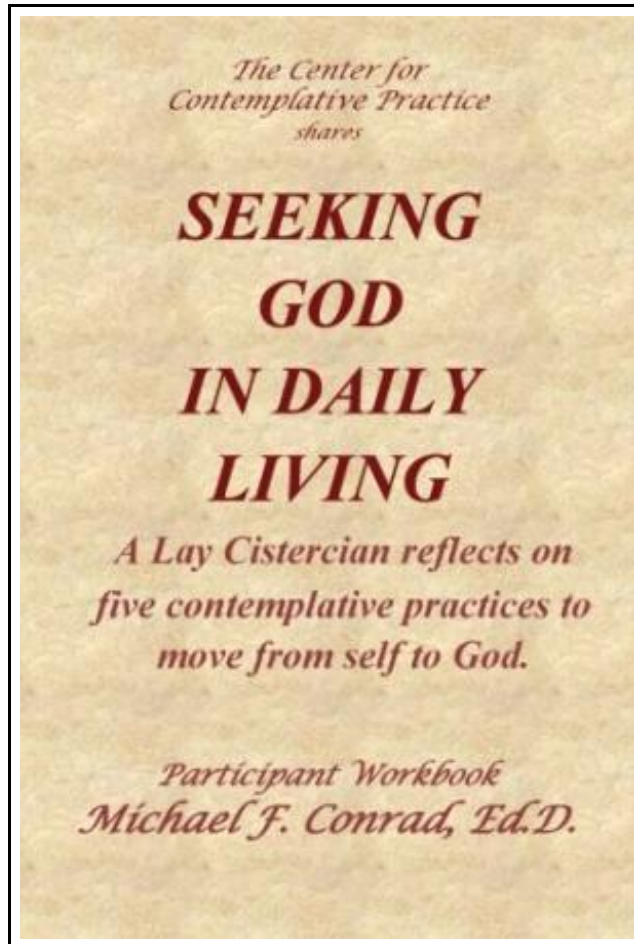


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SEEING GOD IN DAILY LIVING: A LAY CISTERCIAN REFLECTS ON FIVE CONTEMPLATIVE PRACTICES TO MOVE FROM SELF TO GOD. (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Contrary to what some say, being authentically spiritual is a struggle, a daily battle between your true self and your false self. Nothing in the spiritual life is easy because of the archetypal sin of Adam and Eve, our proto-generators. The human default is one of decay, disease, death, self-indulgence, disobedience to God's way, and the conviction that each individual is god. Authentic spirituality has the love of God for us and we returning that love through our brother and mentor, Christ Jesus, as the purpose of life. Christ will not live our life for us, but He will be beside us as we seek God. Cistercian spirituality, based on the Rule of Benedict (540 BCE) and reformed in both the 11th Century and 18th Century, is one way to seek God through proven charisms (obedience, humility, charity) and practices (silence, solitude, work, prayer within a community of faith). The Lay Cistercian movement, a rather recent development in the last fifty years or so, are lay women and men who live out these practices in the midst of a secular world of idolatry, empty hopes and dreams. The contemplative approach finds meaning by seeking God within each of us, the very last place humans want to explore. By practicing these ways to seek God, consistently and persistently, all contemplative men and women, particularly Lay Cistercians, transform themselves from self to God, imperceptibly at first, but always inexorably forward, as a moth seeks a flame. This workbook contains reflections and exercises designed to put you in touch with your inner monk and help you organize and focus your spiritual life on the One Who Is. Blog is at:

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