

INTO
THE SILENT LAND



*A Guide to the
Christian Practice of Contemplation*

MARTIN LAIRD

Into the Silent Land: A Guide to the Christian Practice of Contemplation, Martin Laird, Oxford University Press, 2006, 0199779430, 9780199779437, 176 pages. Sitting in stillness, the practice of meditation, and the cultivation of awareness are commonly thought to be the preserves of Hindus and Buddhists. Martin Laird shows that the Christian tradition of contemplation has its own refined teachings on using a prayer word to focus the mind, working with the breath to cultivate stillness, and the practice of inner vigilance or awareness. But this book is not a mere historical survey of these teachings. In *Into the Silent Land*, we see the ancient wisdom of both the Christian East and West brought sharply to bear on the modern-day longing for radical openness to God in the depths of the heart. Laird's book is not like the many presentations for beginners. While useful for those just starting out, this book serves especially as a guide for those who desire to journey yet deeper into the silence of God. The heart of the book focuses on negotiating key moments of struggle on the contemplative path, when the whirlwind of distractions or the brick wall of boredom makes it difficult to continue. Laird shows that these inner struggles, even wounds, that any person of prayer must face, are like riddles, trying to draw out of us our own inner silence. Ultimately Laird shows how the wounds we loathe become vehicles of the healing silence we seek, beyond technique and achievement. Throughout the language is fresh, direct, and focused on real-life examples of people whose lives are incomparably enriched by the practice of contemplation..

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A Sunlit Absence: Silence, Awareness, and Contemplation, Martin Laird, Jun 29, 2011, Religion, 208 pages. "The practice of contemplation is one of the great spiritual arts," writes Martin Laird in *A Sunlit Absence*. "Not a technique but a skill, it harnesses the winds of grace that

Worshiping with the Church Fathers, Christopher A. Hall, Nov 25, 2009, Religion, 280 pages. Christopher Hall invites us to accompany the church fathers as they enter the sanctuary for worship and the chapel for prayer. He also takes us to the wilderness, where we

Desert Banquet A Year of Wisdom from the Desert Mothers and Fathers, David G. R. Keller, 2011, Religion, 279 pages. The wisdom of the desert fathers and mothers lies in their experiences of solitude, prayer, community life, work, and care for their neighbors. Their goal was transformation of

The Solace of Fierce Landscapes : Exploring Desert and Mountain Spirituality Exploring Desert and Mountain Spirituality, Belden C. Lane Professor of Theological Studies and American Studies Saint Louis University, Apr 30, 1998, Nature, 296 pages. In the tradition of Kathleen Norris, Terry Tempest Williams, and Thomas Merton, *The Solace of Fierce Landscapes* explores the impulse that has drawn seekers into the wilderness

Into the Silent Land Travels in Neuropsychology, Paul Broks, 2003, Psychology, 246 pages. A leading neuropsychologist journeys into the mysteries of his field in a fascinating collection of narratives that explore the world of the neurologically impaired, in such

Human Stem Cell Manual A Laboratory Guide, Suzanne Peterson, Jeanne F. Loring, Oct 22, 2012, Medical, 656 pages. This manual is a comprehensive compilation of "methods that work" for deriving, characterizing, and differentiating hPSCs, written by the researchers who developed and tested

Gilead A Novel, Marilynne Robinson, Nov 19, 2004, Fiction, 247 pages. As the Reverend John Ames approaches the hour of his own death, he writes a letter to his son chronicling three previous generations of his family, a story that stretches back

Desiring Life Benedict on Wisdom and the Good Life, Norvene Vest, Aug 25, 2000, Religion, 171 pages. In *Desiring Life*, Norvene Vest brings the insights of Benedict's Rule to the wisdom tradition. *Desiring Life* is the third book in her series on Benedictine spirituality for

NRSV Standard Bible w/ Apoc--Old Testament & Apocrypha, Harper Bibles, Nov 10, 2009, Bibles,

936 pages. The New Revised Standard Version is the "standard" translation used by mainline Protestant churches, Orthodox churches, and by many Catholics. The NRSV debuted in 1989 and is

The Philokalia: A Classic Text of Orthodox Spirituality , Brock Bingaman, Bradley Nassif, Jun 26, 2012, Religion, 384 pages. The Philokalia (literally "love of the beautiful or good") is, after the Bible, the most influential source of spiritual tradition within the Orthodox Church. First published

Finding Happiness Monastic Steps for a Fulfilling Life, Christopher Jamison, Jan 1, 2009, Religion, 182 pages. Following the same accessible and engaging format of his previous book, Finding Sanctuary, Abbot Christopher examines different aspects of happiness and tells us what monastic

Thomas Merton I Have Seen what I was Looking for : Selected Spiritual Writings, Thomas Merton, 2005, Biography & Autobiography, 260 pages. An informative and fascinating look at Mertons life and writings by a fellow-Trappist. Pennington describes Merton as a monk, a mystic yes! A merry, mischievous monk and a

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