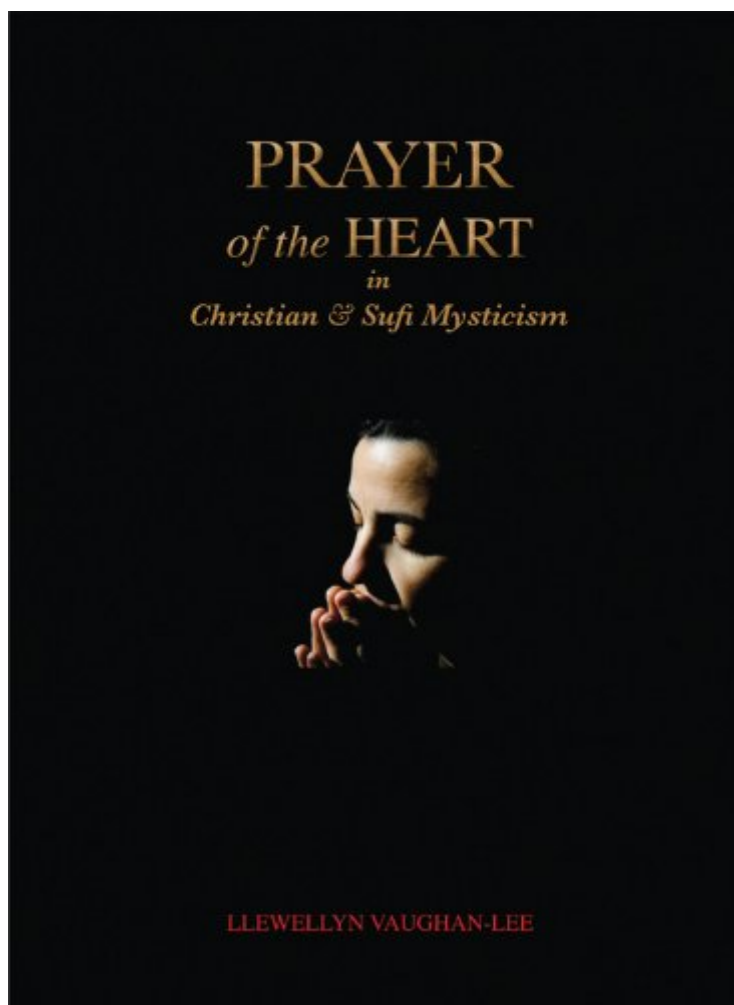


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# Prayer Of The Heart In Christian And Sufi Mysticism



## Synopsis

Guiding the reader through the stages of mystical prayer—a way to create a living relationship with the Divine within the heart; this book draws upon Christian and Sufi sources such as St. Teresa of Avila, Attār, St. John of the Cross, and Rāmānanda. Llewellyn Vaughan-Lee describes the stages of prayer: how prayer is first born of need, but then takes one deep within the heart, into the stages of union and ecstasy. Through mystical prayer, one is drawn into the silence of real communion with God. Here, in the silence within the heart, a meeting and merging takes place that carries one beyond the self into the mystery of divine presence. This exploration delves into the secret of how to pray without ceasing, in which prayer becomes alive within the heart, and includes a chapter on the need to pray for the well-being of the Earth. It brings together the Christian and Sufi mystical traditions and will benefit any practitioner of prayer who is drawn to discover a relationship with God within their heart.

## Book Information

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## Customer Reviews

This little book says that it brings together the Christian and the Sufi traditions of the Prayer of the Heart. This is a mammoth task for a small book like this! I would rather call it an introduction to the

similarities in the Christian Prayer of the Heart and the Sufi Zikr, with the accent on telling what the Sufi Zikr is at best. There is no real difference in these two practises. All practise is based on repetition (which helps to make us perfect), and indeed these two forms of praying are very repetitive. Both have as their aim to be able to stand in the presence of God, and unite with Him through the heart. That the Naqsbandi silent Zikr is closest to the Christian Prayer of the Heart (at its highest level) is an excellent observation by Llewellyn, who writes from his own experience. I found one particular paragraph very beautiful and relating to my own experience: "When love reveals its real nature we come to know that there is neither lover nor Beloved. There is no one to pray and no one to pray to. We do not even know that we are lost; we return from these states of merging knowing only that we gave our self and were taken. Our gift of our self was accepted so completely that we knew nothing of the encounter. We looked towards our Beloved and were taken into love's arms, embraced in oneness, dissolved in nearness. For so many years we had cried and called out, and when the Beloved finally came the meeting was so intimate there was nothing left of us to witness it." Fully recommended as an angle on the Prayer of the Heart!

What a gem this small book is, detailing the similar ways these two faiths approach prayer, as well as how to find the divine within you and all around you. My copy is filled with underlined parts on virtually every page. Sample: "In every moment, in every event of your life, the Beloved is whispering to you exactly what you need to hear and know." It is one of those rare spiritual books I will consult in the future again and again. Highly recommended. ~Tom Rapsas, author of Life Tweets: Inspirational & Spiritual Insights That Can Change Your Life.

I just finished this book as part of my research for my Master's thesis. It is amazingly beautiful in its simplicity of relaying the deeply intimate and inspirational relationship of prayer to mystic union with Spirit (or what ever you call God). I highly recommend Prayer of the Heart. It is a quick read yet I have underlined much of the text and marked up all the margins. It has footnotes for those who wish to research further and it combines mystics from both Christianity and Islam as well as the author's own experience to allow readers of both faiths to relate to the teachings about going within in prayer to find God.

If one wants to read a book that holds great wisdom and is timely for all paths of belief..this is it!

Prof. Vaughn-Lee KNOWS what he is writing about in this beautiful brief treatise. He unites Sufi and

Theresan mystical experience in a saliently fine effort at deep appreciation of two of the world's great traditions.

This book is lovely and gentle and quiet. I'm glad I have it. It helps my mind come to terms with all the different paths I've explored....at least two of them.

Vaughan-Lee explains this truly unexplainable place within the heart that prays unceasingly. A contemplative heart calls this "home." Apparently, Christianity and Sufism are joined at the heart....let peace reign!

For the heart that seeks to be welcomed into stillness...hear love's call and say 'yes, I am here and enter!'

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