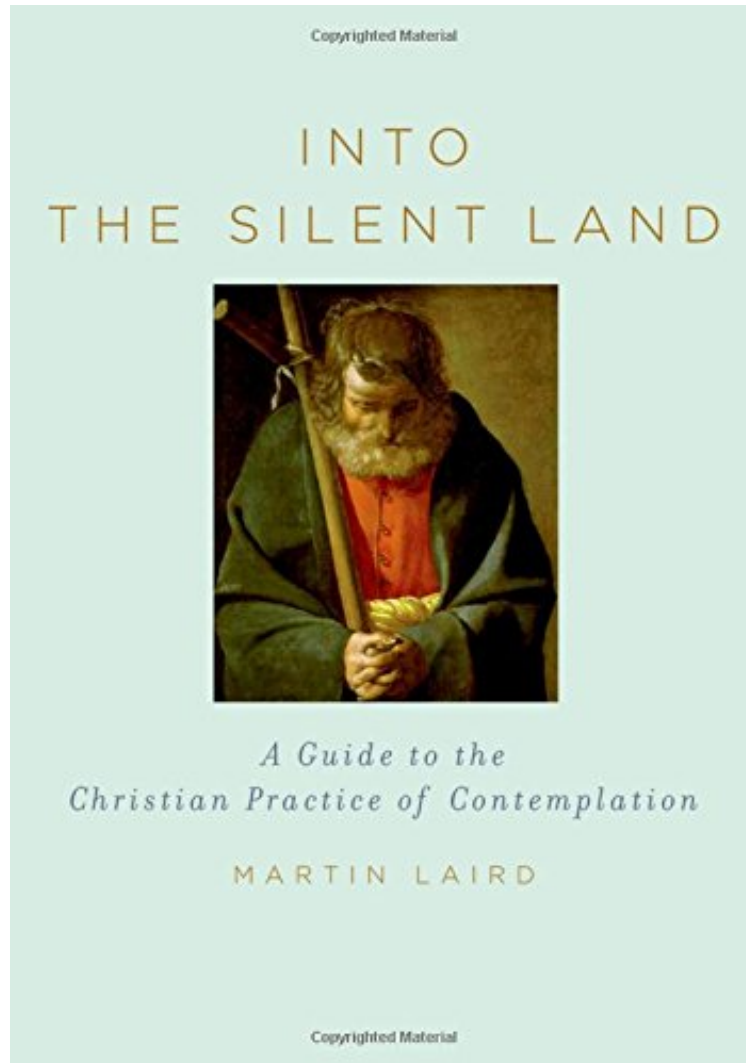


Into the Silent Land: A Guide to the Christian Practice of Contemplation

Martin Laird

*ePub | *DOC | audiobook | ebooks | Download PDF*



DOWNLOAD



READ ONLINE

#39965 in Books Martin Laird 2006-07-01 Original language: English PDF # 1 5.30 x .90 x 7.10l, .56 #File Name: 0195307607176 pages Into the Silent Land A Guide to the Christian Practice of Contemplation | File size: 67.Mb

Martin Laird : Into the Silent Land: A Guide to the Christian Practice of Contemplation before purchasing it in order to gage whether or not it would be worth my time, and all praised Into the Silent Land: A Guide to the Christian Practice of Contemplation:

0 of 0 people found the following review helpful. I really enjoyed reading this By Big Ear I really enjoyed reading this. I originally bought the audible version, but after a few chapters I realized this content was better read--there were too many areas that I needed to reread to fully understand what the author was saying. I ended up not listening to the rest

of the Audible version and simply buying the kindle version. Regardless, the content was great and I appreciate the historical references provided. This book just resonated with me. My reason for 4 stars is that I would think that if you bought the Audible version, that maybe a small discount to those also buying the Kindle version? Or better yet, get the kindle version for free! Now I'm dreaming. :)

0 of 0 people found the following review helpful. Repetition
By M Twain
Although the book has valuable information about how to meditate, it is very difficult to read and not be bored out of your mind. The author repeats the same information over and over to the point you want to say move on. He also has researched very dead saint from the beginning of time and quotes them over and over. This book could be reduced by two thirds and be much more valuable

0 of 0 people found the following review helpful. Perspective
By William Griggs
Fr Laird in this book deepens all the instructions, outlines of progress in contemplation, all the perceived nonsense in the writings of certain teachers of prayer (the respected ones). He brings psychology both West and East to bear on the LANGUAGE so commonly used to instruct someone in contemplative prayer. In the process he makes glowing sense of the gospel and of how a person can discover, "...it is Christ who is living in me." The book is not perfect, but it is a significant addition to contemporary teaching of prayer.

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.

"This is a beautifully written book. The language is profound, poetic, and free of worn clichés. It has obviously grown out of a life of study, erudition, and personal prayer." --Worship
"Into the Silent Land by Martin Laird is a wonderful introduction to the subject of contemplation. It has a vitality and relevance that are gripping. Contemplative books are often dry, but I found this a page-turner." --Church Times
"In a world hungering for practical spiritual direction on how to manage distractions, moods, bodily posture, breathing, suffering, illness, addiction, and dying, Laird's book stands out as a treasure to share with anyone who is seeking greater wisdom and peace. He provides us with an eminently accessible doorway into the land of God's loving silence." --Horizons
"Laird's book defines how to sink back in God's ground physically with breathing, mentally with "prayer words," and spiritually with interior surrender. Through anecdote, Scripture, and classic wisdom, Laird illuminates a Christian path into the silent land. An able guide, he makes the trip more than worth the journey." --Christianity Today
"This book is different. There are plenty of books on contemplation that feel rather tired--either wordy and labored or unhelpfully smooth and idealistic. But this is sharp, deep, with no clichés, no psychobabble and no short cuts. Its honesty is bracing, its vision utterly clear; it is a rare treasure." --Rowan Williams, The Archbishop of Canterbury
"Often they say 'you learn how to swim by swimming' but a good coach or swimming manual is essential. Equally, we could say 'you learn how to be contemplative by contemplating' and a good guide or mentor is necessary. Into the Silent Land is just that. I tried it and it works. Try it." --Archbishop Desmond Tutu, winner of the Nobel Peace Prize
"This is a beautifully written book. The language is profound, poetic, and free of worn clichés. It has obviously grown out of a life of study, erudition and personal prayer." --Worship
"Into the Silent Land is a beautiful and deeply consoling book, a reminder that prayer is both real and fundamentally simple. Not since Thomas Merton's *Contemplative Prayer* have I encountered a guide to contemplation this wise and compelling." --Douglas Burton-Christie, author of *The Word in the Desert: Scripture and the Quest for Holiness in Early Christian Monasticism*
"With wisdom born of a life of prayer and study, Martin Laird invites us out of distraction and into the silent land where God is waiting. Taking the realities of affliction, fear and failure seriously, Laird offers an approach to contemplative life that is within reach of us all." --Stephanie Paulsell, author of *Honoring the Body: Meditations on a Christian Practice*
"Martin Laird's book is a compelling introduction to contemplative prayer. He draws on insights from the Eastern Orthodox tradition of the Jesus Prayer, from the Western Carmelite tradition, from poets and novelists and from his own experience as retreat director and confessor. In the silent land, our wounds become radiant sources of compassion." --Andrew Louth, author of *The Origins of the Christian Mystical Tradition: From Plato to Denys*
"Into the Silent Land reflects a happy combination of wide learning, authentic spiritual experience, and clear jargon-free prose. This work should be of inestimable value for anyone interested in the Christian contemplative tradition of prayer." --Lawrence S. Cunningham, author of *Thomas Merton*

and the Monastic Vision
About the Author
Martin Laird, O.S.A., is Associate Professor in the Department of Theology and Religious Studies at Villanova University. He has studied patristics in Rome, London, and Oxford, and has extensive training in contemplative disciplines and gives retreats throughout the United States and Great Britain. He is the translator or author of a host of books and articles, including *Gregory of Nyssa and the Grasp of Faith: Union, Knowledge and Divine Presence* (OUP, 2004).