Contents

ACKNOWLEDGMENTS ix

INTRODUCTION: CONTEMPLATION, MINDFULNESS, AND COUNSELING 1

1. THE IDENTITY OF A CONTEMPLATIVE COUNSELOR 15

2. THE GIFT OF CONTEMPLATION AND MINDFULNESS 33

3. CHRISTIAN CONTEMPLATION: A WAY OF LIFE 53

4. CHRISTIAN CONTEMPLATION: A WAY OF BEING IN THERAPY 69

5. CHRISTIAN CONTEMPLATION: A WAY OF ACTION 95

6. CHRISTIAN CONTEMPLATION: A WAY OF WORSHIP 111

NOTES 125

BIBLIOGRAPHY 131

INDEX 135