



The Other Side of Silence: A Guide to Christian Meditation

Morton T. Kelsey

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In his introduction, the author describes the need for this book: "More and more people...have turned to Eastern ways of meditating in the hope of finding some discipline that the ordinary individual can follow. Much has been written about these Eastern disciplines. But neither the Western novices in Zen or Yoga or Transcendental Meditation or the more experienced writers about them seem to realize that there is a powerful and unique Christian method of meditation available to any ordinary person who wishes to use it. This Christian way way of meditating can bring many people a whole new vision of reality and new effectiveness in their living." To meet this need, the author, a nationally recognized theologian, psychologist, educator, priest and man of prayer has created a book which provides both a rationale and a method of Christian meditation. The book provides one simple way to encounter the Divine Lover. "This approach is particularly helpful for those who have doubts about the possibility, or the value, of meditation for whatever reason. It requires no great gifts...This is a practical manual for those who would like to try out this method of finding the encounter, learning what it is like and practicing it."

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