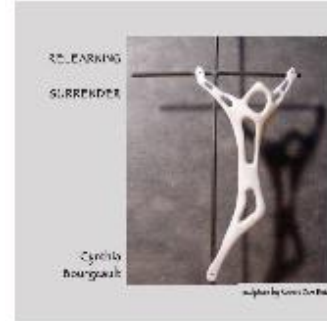




RELEARNING SURRENDER – Audio recording by Rev. Dr. Cynthia Bourgeault Recorded LIVE 1999, Nanaimo BC Canada - Revised and re-released 2012

When we surrender and yield, we are putting ourselves in the company of Christ and Mary and all those who modeled this for us in their lives. Cynthia Bourgeault guides us to look deeply at Centering Prayer “the prayer of the experience of surrender,” as well as other meditative prayer practices, to better understand surrender as a gesture of love. By taking a fresh look at pain, pleasure, and personal boundaries, we discover our interconnectedness with God and all human beings, accessible only through spiritual surrender.



A recent listener writes:

-Cynthia discusses surrender as the ongoing action which enables the process of inner transformation, in which we gradually shed the lower self with its limited and limiting goals and actions, and discover in its place a new life as our higher or essential self, intimately connected with God, living in grace and love. I recommend this series to anyone on the path of spiritual transformation.

-Steven, Victoria BC

Disc One -- Sacred Paths and Spiritual Psychology – 79:00 minutes

- Track 1 -- Two sacred paths
- Track 2 -- Spiritual awareness and consent
- Track 3 -- The rosary and centering prayer
- Track 4 -- Attention and intention
- Track 5 -- Spiritual psychology: The lower self
- Track 6 -- Spiritual psychology: The higher self and the ego
- Track 7 -- Spiritual psychology: The individual and community
- Track 8 -- The ego system
- Track 9 -- The heart system

Disc Two -- Components of the Spiritual Path – 75:50 minutes

- Track 1 -- Role of surrender and meditation in daily life
- Track 2 -- The false self system
- Track 3 -- The practice of seeing
- Track 4 -- The practice of seeing continued
- Track 5 -- The practice of seeing conclusion
- Track 6 -- Open mind/open heart practice
- Track 7 -- Open mind/open heart practice conclusion

Disc Three -- Surrender as Love – 51:00 minutes

- Track 1 -- Gender challenges in learning surrender
- Track 2 -- True love making
- Track 3 -- God as the Beloved
- Track 4 -- Surrender of consciousness
- Track 5 -- The Jesus Prayer and mercy