



The Contemplative Society

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Dear listener:

This CD set is a LIVE recording of Rev. Dr. Cynthia Bourgeault's teaching. You may notice some background noises or variability in the audio volume. There may also be places where a small portion of the presentation was edited out due to problems in the recording.

We hope you find this an enriching and beneficial teaching series. For other live recordings of the teaching of Rev. Cynthia Bourgeault please visit our website at www.contemplative.org or email admin@contemplative.org for a current listing.

AWAKENED MIND, AWAKENED HEART

Audio recording by Rev. Dr. Cynthia Bourgeault

Recorded 2003 ~ Kamloops, BC Canada ~ Revised and re-released 2013

Disc One

- Track 1 -- Presence as a universal spiritual teaching (5:21)
- Track 2 -- Aspects of presence (8:24)
- Track 3 -- Examples of non-presence and presence (5:55)
- Track 4 -- Spiritual sleep (ordinary consciousness) vs. waking up (or presence) (6:04)
- Track 5 -- Spiritual practices for waking up (8:33)
- Track 6 -- The Kingdom of Heaven as a state of consciousness (8:22)
- Track 7 -- Losing and reclaiming the teachings of Jesus (7:51)
- Track 8 -- Role of the ego (9:15)
- Track 9 -- A history of the contemplative tradition (4:46)

Disc Two

- Track 1 -- The three-brain system (12:54)
- Track 2 -- Importance of small group; change in the self; doing love in the now (9:32)
- Track 3 -- "Be Still and Know That I Am God" chant (1:57)
- Track 4 -- Maintaining centerness (10:23)
- Track 5 -- Ways to shift the center of your being (13:39)
- Track 6 -- What Centering Prayer is (8:48)
- Track 7 -- How Centering Prayer is experienced (7:19)

Disc Three

- Track 1 -- Witnessing presence: Self-awareness by the deeper Self (4:19)
- Track 2 -- Witnessing presence as not the superego (8:07)
- Track 3 -- Witnessing presence as bridging the small self and the deeper Self (6:44)
- Track 4 -- Witnessing presence as the observer, not the doer (8:49)
- Track 5 -- Kenosis and perichoresis (5:33)
- Track 6 -- Relationship of lectio divina and meditation (3:32)
- Track 7 -- Humor and spiritual journey (4:24)
- Track 8 -- Witnessing presence and the "letting go" gesture (3:15)
- Track 9 -- Our journey with the higher power (1:35)
- Track 10 -- Experiencing the witnessing presence in daily life (2:12)

Disc Four

- Track 1 -- The False Self System (11:20)
- Track 2 -- Attachments/aversions and hidden agendas (10:05)
- Track 3 -- The vicious cycle of the False Self System (8:24)
- Track 4 -- The Welcoming Prayer (17:24)
- Track 5 -- Applying the Welcoming Prayer in the moment (1:20)
- Track 6 -- Finding the interior wholeness (9:12)

Please visit our website for more recordings by Cynthia Bourgeault: www.contemplative.org