



# The Contemplative Society

PO Box 23031, Cook St. RPO, Victoria BC V8V 4Z8, Canada  
250.381.9650  
admin.@contemplative.org  
www.contemplative.org

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](http://www.contemplative.org) or email [admin@contemplative.org](mailto:admin@contemplative.org) for a current listing.

## DEEPENING THE PRACTICE OF CENTERING PRAYER

Audio recording by Rev. Dr. Cynthia Bourgeault

Recorded LIVE at Olympic Park Institute WA State USA, September 2003 - Revised and re-released 2012

### Disc One -- Moving Toward Something More (52:26)

- Track 1 -- A different set of perceptors (1:32)
- Track 2 -- From the false self to the true self (2:39)
- Track 3 -- Beyond the bounded self (16:18)
- Track 4 -- Three schools of meditation (24:09)
- Track 5 -- CP and other traditions (2:14)
- Track 6 -- Understanding your spiritual path (3:07)
- Track 7 -- CP and quietism (2:27)

### Disc Two -- The Spiritual Basis of Surrender (52:29)

- Track 1 -- Introduction (1:09)
- Track 2 -- Cataphatic and apophatic prayer (9:11)
- Track 3 -- Insights and illuminations (7:53)
- Track 4 -- Spiritual non-possessiveness (8:24)
- Track 5 -- Why non-possessiveness ~  
Part 1: Handling the lure of thoughts (6:49)
- Track 6 -- Why non-possessiveness ~  
Part 2: Illuminative and unitive stages (3:18)
- Track 7 -- Why non-possessiveness ~  
Part 3: The Christian vocation (8:41)
- Track 8 -- Pondering your death (3:02)
- Track 9 -- CP and the unconscious (3:42)

### Disc Three -- The Theological Basis of Surrender (64:20)

- Track 1 -- Emptiness and emptying (5:29)
- Track 2 -- Kenosis (3:55)
- Track 3 -- The concentrating path (Brahmacharya) (6:19)
- Track 4 -- The self-giving path (Tantra) (3:14)
- Track 5 -- Love as self-emptying (7:07)
- Track 6 -- The giving-to-get mentality (3:09)
- Track 7 -- Self-care and self-giving (10:11)
- Track 8 -- Finding our invincible summer (6:18)
- Track 9 -- The dark night (6:39)
- Track 10 -- Embodied in the moment (4:01)
- Track 11 -- Levels of "I" (4:20)
- Track 12 -- Seekers working together (0:52)
- Track 13 -- Words and being (2:12)

### Disc Four -- Seeing into the Void (61:11)

- Track 1 -- The unspoken word in the darkness (3:14)
- Track 2 -- Ways of perceiving (12:18)
- Track 3 -- Jacques Lusseyran (6:35)
- Track 4 -- Spiritual subtle perception (9:47)
- Track 5 -- The heart as the organ of spiritual perception (12:05)
- Track 6 -- The heart as the gateway to subtle perception (7:03)
- Track 7 -- Sensing the heart (9:52)

### Disc Five -- Presence (43:43)

- Track 1 -- The journey of centering prayer (5:20)
- Track 2 -- Embracing the now (23:03)
- Track 3 -- Comparing state and being (3:56)
- Track 4 -- Building the container (11:14)

### Disc Six -- Prayer in Secret (43:22)

- Track 1 -- The meaning of "in secret" (9:39)
- Track 2 -- Giving up the experience (7:14)
- Track 3 -- Beyond "I am" ~ Part 1 (9:26)
- Track 4 -- Beyond "I am" ~ Part 2 (10:56)
- Track 5 -- The direct path of centering prayer (5:54)

### Disc Seven -- Honing Points (35:02)

- Track 1 -- Attention and surrender (7:05)
- Track 2 -- Physical practices (3:54)
- Track 3 -- The contemplative life and service (2:37)
- Track 4 -- Surrendering remorse (4:16)
- Track 5 -- Being a hermit (6:39)
- Track 6 -- The "I am" of Self (1:58)
- Track 7 -- Beyond duality (1:49)
- Track 8 -- Three final points (6:23)