



PRACTICING LIVING PRESENCE: Discovering the Mind of Christ Within

Teaching by Cynthia Bourgeault

Recorded in 1999-2003 / Released in 2021
8 CD set (approx. 8hrs53min)

As this is a LIVE recording you may notice some audio variability and background noise.

“Since the Wisdom principle is imperishable in the human soul, it is built right into the blueprint of who we are as people.” (Living Presence, Chapter 1, Cynthia Bourgeault)

What is the single most significant piece that has fallen out of Jesus’ teachings?

Cynthia says: “What Jesus did originally and what his real impact on the world was, and with which we still resonate today, was that he called people to *Being* in a very deep way.” How can we retrieve this sense of *Being*, of *Presence* in our time?

She says that she “feels really strongly” that the book “*Living Presence: A Sufi Way to Mindfulness & the Essential Self*” by Kabir Helminski is “the best key around to unlock the missing piece of our own Christian tradition”. She states clearly: “There is a consistency right from the heart of Jesus through this material and back into our own piece today. Jesus called people into an encounter with the divinity within them and the divinity staring them in the face, and he pulled them to a fundamental level that changed their lives from inside out.”

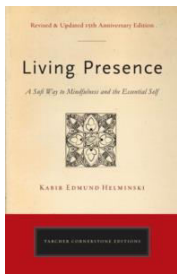
Accompanied by a group of fellow Christian contemplatives, Cynthia works her way through Helminski’s practical, ground-truthed Sufi text while drawing upon exercises from Lynn C. Bauman’s “*Living the Presence: A Manual for Contemplative Christian Practice*” to bring us into a personal encounter with *Being*, with *Presence*.

Cynthia says: “At the heart of the Gospels is the memory written in blood and fire of one person’s encounter through Jesus with their own True Self, with their own possibility, with their Alpha and Omega. That is the unifying thread in what we are going to be exploring and why [the *Being/Presence* energy expressed in Helminski’s book] is, in its heart, absolutely mega-Christian.”

References for this recorded teaching:

- Anonymous. *The Cloud of Unknowing*. Translated by Ira Progoff. New York: Delta, 1973
- Barnhart, Bruno. *Second Simplicity: The Inner Shape of Christianity*. New York/Mahwah, N.J.: Paulist Press, 1999.
- Bauman, Lynn C. *Living the Presence: A Manual for Contemplative Christian Practice*. Telephone, TX: Praxis, 1996.
- Helminski, Kabir Edmund. *Living Presence: A Sufi Way to Mindfulness & the Essential Self*. New York: Jeremy P. Tarcher/Putnam, 1992.
- Hillman, James. *The Soul's Code: In Search of Character and Calling*. New York: Random House, 1996.
- Kingsley, Peter. *In the Dark Places of Wisdom*. Point Reyes Station, CA: The Golden Sufi Center, 1999.
- May, Gerald G. *Will and Spirit*. New York: Harper & Row, 1983.
- Tolle, Eckhart. *The Power of Now: A Guide to Spiritual Enlightenment*. Novato, CA.: New World Library, 2004.

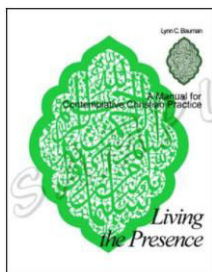
The books that Cynthia references in these Practicing Living Presence audios, Part One and Two, can be bought separately:



Living Presence: The Sufi Path to Mindfulness and the Essential Self
by Kabir Edmund Helminski

Purchase from local bookseller, or online booksellers like Amazon, or borrow from your local library

Lynn Bauman has published an accessible manual in PDF format giving specific Christian Contemplative practices based on Helminski's book:



Living the Presence: A Manual for Contemplative Christian Practice
by Lynn C. Bauman

Purchase from the [PRAXIS](#) website, using the order form found there under the “Order Form” tab and filling in the form and marking “Living the Presence - \$12.00” (US) as the e-book you want. The book can be read and downloaded in any browser PDF reader.

Living Presence
Disc & Chapter Titles

CD 1 / Chapter 1:	“Presence: An Introduction”	(74:11)
CD 2 / Chapter 2:	“The City of Separation”	(58:08)
CD 3 / Chapters 3 & 4:	“Soul Work, Reflecting Spirit”; and “Creative Energy and Human Capacities”	(53:22)
CD 4 / Chapter 5:	“Balancing the Outer and the Inner”	(75:57)
CD 5 / Chapter 6:	“The Power of Being”	(63:41)
CD 6 / Chapter 7:	“Voluntary Attention”	(79:29)
CD 7 / Chapter 8:	“Meditation: The Refinement of Attention”	(75:08)
CD 8 / Chapter 9:	“The Tyranny of the False Self”	(53:39)

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