



PRACTICING LIVING PRESENCE Part 2: Discovering the Mind of Christ Within

Teaching by Cynthia Bourgeault

Recorded in 1999-2003 / Released in 2022
12 CD set (approx. 13hrs4min)

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

The teachings that comprise "Practicing Living Presence: Discovering the Mind of Christ Within - Part 2" continue Cynthia's exploration of Kabir Helminski's book "Living Presence: A Sufi Way to Mindfulness & the Essential Self". I was just now flipping through Chapters 10-18 of my copy of the book and noticed that there is not a single page that doesn't have red underlining, stars, brackets, exclamation marks, NB's or some other form of notation that I used to draw my attention to what Helminski is saying. I made those notes some twenty-five years ago and, all these years later, the wisdom that Cynthia extracts from those pages continues to affect me on a daily basis. Listening to her interpretation of the text again - as well as reading her Chapter transcripts - all but literally bowl me over. Lest you think it's just me to whom this has happened I can tell you that they've also done the same to the two editors who have been responsible for bringing this material back to life after all this time.

These teachings will last. They will last as long as there are individuals and groups seeking Wisdom on the Christian contemplative path. Newcomers and old souls all - revelation follows revelation. In asking myself why I find Cynthia's work so remarkable in this particular teaching I've come up with a couple of reasons. First is the original text. It is undoubtedly the very best investigation into what Presence actually means - what IT IS. Helminski is brilliant.

Second is Cynthia and her ability to dig deeper and deeper from within her own Christian roots in which she was aided tremendously through the back-and-forth interplay that took place between her and the serious group of students, of committed fellow seekers, who probed, questioned, and spoke their own truths as they walked the path with her - the path that we too are walking. Their interchanges

took Cynthia into more and more expansive fields - and the resulting crops that we get to harvest are the consciousness food of a lifetime.

The third reason is that the group met for a period of three years doing practical exercises as outlined in Lynn Bauman's "Living the Presence: A Manual for Contemplative Christian Practice". During that time, they and Cynthia got to know each other and themselves in a manner which is, alas, not commonplace. There is nothing to pull us into a deeper knowing that a group of committed individuals gathering and working together for a prolonged period of time - and they met for over three years. Myself I facilitated a group working with the Helminski and Bauman material for three years in my hometown - but wasn't blessed with having Cynthia's transformational observations to guide us.

In essence then I would unhesitatingly recommend these teachings to each and everyone of you who are reading this. If you actually commit to practicing the wisdom contained within these reflections you will be brought into a connection with the Presence, with Christ, that you cannot imagine. As Cynthia reflects at one point in Part Two: "That's just the itty-bitty beginning of the Jesus skill: to impact the world with the energy of your love, perfectly connected and flowing through a perfectly pure heart. And to the extent that your heart is pure and unfragmented - and as I said earlier, unfragmented means that the glue is conscience, as it has been pieced back together by the power of conscience - then the "I" of your heart is purified and then the love that comes through you can be directed to the planet. It takes a long time to begin to develop these skills and, of course, they can be misused. But once you begin to travel within that great electro-magnetic field of love, the world changes dramatically."

Blessing upon you as you journey.

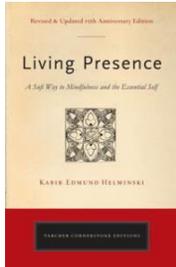
Brian Puida Mitchell

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.

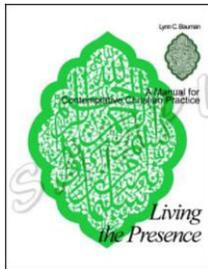
The books that Cynthia references in these Practicing Living Presence audios, Part One and Two, can be bought separately:



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 10:	“The Essential Self”	(72:00)
CD 2 / Chapter 11:	“Befriending the Ego” – Att’n – this Chapter is voiced over by Diane Walker due to discrepancies in the original recording.	(36:04)
CD 3 / Chapter 12a:	“Polishing the Mirror of Awareness”	(73:20)
CD 4 / Chapter 12b:	“Q & A”	(68:00)
CD 5 / Chapter 13:	“Listening Within”	(75:00)
CD 6 / Chapter 14:	“The Dance of Personality”	(74:20)
CD 7 / Chapter 15:	“Gathering the Fragmented Self”	(76:40)
CD 8 / Chapter 16:	“The Mysteries of the Body”	(42:10)
CD 9 / Chapter 17a:	“Faithfulness and Gracefulness”	(44:13)
CD 10 / Chapter 17b:	“Faithfulness and Gracefulness” cont’d	(44:28)
CD 11 / Chapter 18a:	“The Alchemy of Effort”	(42:48)
CD 12 / Chapter 18b:	“Aim and Self Knowledge”	(41:01)

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.