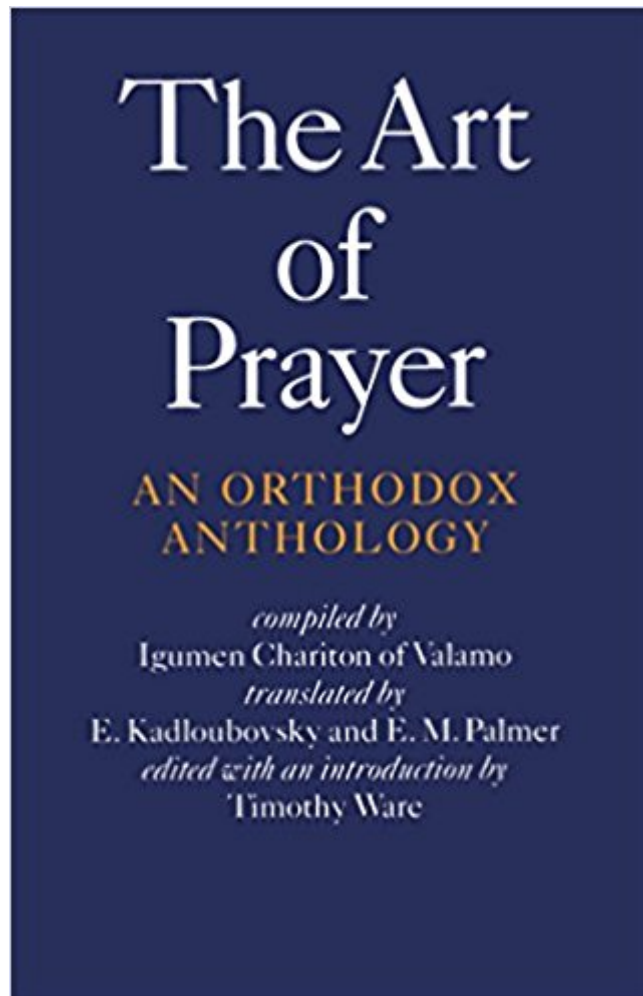




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The Art Of Prayer: An Orthodox Anthology



Synopsis

A spiritual anthology drawn from the Greek and Russian traditions, concerned in particular with the most frequently used and best loved of all Orthodox prayers--the Jesus Prayer. Texts are taken chiefly from the letters of Bishop Theophan the Recluse, along with many other writers.

Book Information

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Customer Reviews

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Features St. Theophan the Recluse. Great help to me. Illuminates prayer of the heart instead of the mind. It is a gift to us. Not a beginnersbook.

This is the book that Thomas Merton used as a reference to his talks to the novice Monks at the Abbey of Gethsemani while he was alive in the mid sixties. It is well worth it as a reference and source of the origins and meaning of the timeless prayer that has been said for centuries both in Orthodox Christian and other Christian belief systems.

in as few words as possible i would like to say that this is like a bible for me - i have just started reading it and already i can feel the sheer power in its utter humility - the way in which the use of prayer is explained to be the essence of any method or practice is unique in it's directness - i have not read a book on Christian Prayer or any Christian book for that matter which covers simply and

unswervingly, what i call, the Heart of All Religion - i have always been scared by the word 'orthodox'...until now - now i understand what the word means to me - i recommend this book over any other like it - i guarantee you will not be displeased - now for the practice..."Pray without ceasing" (5:17)

I believe this book has universal appeal no matter what the faith background. What is prayer?" Standing before God with the mind in the heart." Removing your mind from the cares, worries and fears of this world and immersing it in nothing but God. This is the summation of the book. Prayer need not be verbal. Most think prayer is asking God for this and that. This book takes prayer to the its deepest level, which is communing with God in the heart, not asking for favors. The book also talks about the power of the Divine name of Jesus. This book is a tremendous aid on the spiritual path. It's my personal bible. It reminds us of our true purpose here on this earth.

Prayer can be viewed from different perspectives, and there exists many explanations of what prayer is. Learning to pray from the heart and more so, with the mind within the heart is a road many have not traveled because they do not know it exists. For those of us who want to be illumined with a deeper and more richer way of "unceasing prayer", this is the book not only to read, but to take seriously if we are to learn how to open ourselves to the grace of God and attain our goal of union with God and unceasing prayer. Beginners should not be concerned for the task or obstacles which are to be overcome. It is best just to begin the journey to unceasing prayer and use this book as a constant source to return to over and over again. It has been my companion for years now. I learn about this book from a friend and borrowed it numerous times, but now purchased a copy for myself. It is a must have!

I recommend it to all Orthodox Christians.

This book is the definitive and authentic exposition of the struggle and experiences of prayer since early Christian times. It is like reading the diaries of many people as they share their hearts and minds with you, the reader.

Excellent

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