

# *Contents*

ACKNOWLEDGMENTS	ix
INTRODUCTION: CONTEMPLATION, MINDFULNESS, AND COUNSELING	1
1. THE IDENTITY OF A CONTEMPLATIVE COUNSELOR	15
2. THE GIFT OF CONTEMPLATION AND MINDFULNESS	33
3. CHRISTIAN CONTEMPLATION: A WAY OF LIFE	53
4. CHRISTIAN CONTEMPLATION: A WAY OF BEING IN THERAPY	69
5. CHRISTIAN CONTEMPLATION: A WAY OF ACTION	95
6. CHRISTIAN CONTEMPLATION: A WAY OF WORSHIP	111
NOTES	125
BIBLIOGRAPHY	131
INDEX	135