



The Way of the Prisoner: Breaking the Chains of Self Through Centering Prayer and Centering Practice

Jens Soering

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Centering Prayer is a modern adaptation of the ancient practice of contemplative prayer, a process of inner purification and an opening of the mind and heart to God. In this remarkable book, Jens Soering, an inmate in a Virginia prison, tells how Centering Prayer and its corollary, Centering Practice—contemplative prayer in action—enable him to survive the daily pain of prison life. Through a moving true story of personal redemption that shocks and inspires, Soering shows how we can all transform our crosses, our prisons (literal or metaphorical), into the means of our salvation.

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Typically the book The Way of the Prisoner: Breaking the Chains of Self Through Centering Prayer and Centering Practice has a lot info on it. So when you read this book you can get a lot of help. The book was written by the very famous author. Tom makes some research ahead of write this book. This specific book very easy to read you can find the point easily after reading this book.

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