

**A Book Review by Bob Olson**  
**“Open Heart, Open Mind” by Thomas Keating**

Father Thomas Keating is a noted author, Trappist monk and a founder of the Centering Prayer Movement. His book “Open Heart, Open Mind” teaches such prayer as the meditative skill of silently opening your mind. Even in my old age I find this a new challenge . . . controlling the wanderings or my imagination while unloading my unconscious thoughts. It is a misconception to think centering prayer is a relaxing exercise. While it may relax, it is intentionally a prayer to accomplish the skill of dissolving mental clutter. Then, as your mind becomes blank, God offers revelations for life, growth and transformation.

I recommend the book “Open Heart, Open Mind” to anyone interested in deep spiritual awakening. Centering, and the insight it provides, offers direct contact with God. This experience elevates the life of any participant and can be realized in the Centering Prayer group that meets at Aldesrgate.

Bob Olson