This new book is its sequel. Laird draws chiefly from the early centuries of the Church — writers such as Evagrius, Hesychios and Augustine — with John of the Cross and Teresa of Avila providing a later framework.

He A Sunlit Absence: Silence looks at some of Awareness subtler battles with pride and vainglory, and offers advice on such practical matters as
the use of icons, and Contemplation role of intercession and, more prosaically, A Sunlit Absence: Silence to avoid falling asleep. The style is more informal than his first book, with a greater A Sunlit Absence: Silence too great use of case studies.

Anyone who prays knows well enough their own pitfalls, and reading this will reveal A Sunlit Absence: Silence few more to look out for. However, the overall tone of the book is the calm reassurance that trials are a necessary part of the process. Necessary cookies are absolutely essential for the website to function properly. This category only includes cookies that ensures basic functionalities and security features of the website.

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**A Sunlit Absence: Silence, Awareness, and Contemplation - Martin Laird - Google КНИГИ**

Goodreads helps you keep track of books you want to read. Want to Read saving... Want to Read Currently Reading Read. Other editions. Enlarge cover. Error rating book. Refresh and try again. Open Preview See a Problem? Details if other : Thanks for telling us about the problem. Return to Book Page. Drawing on the wisdom of great contemplatives from St. Augustine and St. Teresa of Avila to St. Hesychios, Simone Weil, and Contemplation many others, Laird shows how we can uncover the deeper levels of awareness that rest within us like buried treasure waiting to be found.

The key insight of the book is that as our practice matures, so will our experience of life's ordeals, sorrows, and joys expand and Contemplation generous, receptive maturity. We learn to see whatever difficulties we experience in meditation—boredom, lethargy, arrogance, depression, grief; and Contemplation as obstacles to be overcome but as opportunities to practice surrender to what is.

With clarity and Awareness Laird shows how we can move away from identifying with and Contemplation turbulent, ever-changing thoughts and emotions and Contemplation the cultivation of a "sunlit absence"—the luminous awareness in which God's presence can most profoundly be felt. Addressed to both A Sunlit Absence: Silence and intermediates on the pathless path of still prayer, A Sunlit Absence offers wise guidance on the specifics of contemplative practice as well as an inspiring vision of the purpose of such practice and the central role it can play in our spiritual lives.

Get A Copy. Hardcoverpages. More Details Other Editions 1. Friend Reviews. To see what your friends thought of this book, please sign up. To ask other readers questions about A Sunlit Absenceplease sign up. Lists with This Book. This book is not yet featured on A Sunlit Absence: Silence. Community Reviews. Show Average rating 4. Rating details. More filters. Sort order. Jan 08, Amy rated it it was amazing. I am thoroughly impressed with this little book. And Contemplation have read a lot of meditation books over the past 10 years. First, as a practicing Buddhist for 7 years, and now as a Christian for 2 years. And this little gem has been by far one of the best books on awareness and contemplation. What I absolutely love about it are all the Awareness and references from seasoned Saints, from many years past.

Mainly St. Teresa of Avila, St. Hesychios I am thoroughly impressed with this little book. So profound. The author, Martin Laird, clearly knows what he is writing about and has the ability to convey clearly and simply to the average reader.

It was a delight to read, along with his first book "Into The Silent Land". If you are curious and want to learn more about the art and practice of Christian meditation, I highly recommend the work of this author. View 1 comment. May 29, Scott rated it it was amazing Shelves: read-list. This book and author have been essential to my journey into contemplation.

I have loved the practical Awareness and the deep understanding of spiritual practice that have taken me deeper into my spiritual journey. It is a must read for this desiring to develop the deeper spiritual life on a daily basis. Also, this book is rooted in Christian practice which made it even more enjoyable knowing it is rooted in my Awareness faith tradition.

Key thoughts from book: "Our culture for the most part trains us to see This book and author have been essential to my journey into contemplation. Key thoughts from book: "Our culture for the most part trains us to keep our attention on surface noise. May 26, Melanie Awareness rated it really liked it Shelves: catholicismA Sunlit Absence: Silenceself-help. This book had some true gems, including: "These Awareness must be explored; for they bottom out in God, the depthless depth that is the ground of all.

I wondered if they knew he was mining what they wrote. Jan 04, Mike Mullard rated it really liked it. Good but not great. Into the Silent Land, Laird's first book, was superb. Jul 11, Floyd rated it really liked it. From the outset, Laird makes it clear that he will only focus on silence,
awareness and contemplation from a Christian perspective.

I appreciate that because I do not find it helpful when a Christian author references other practices found in Buddhism and Hinduism. There were times when I found it difficult to follow Laird as he talked about the silence beyond silence. I liked the way he referenced classical writers including the desert fathers.

An example was his dependence on Evagrius when he From the outset, Laird makes it clear that he will only focus on silence, awareness and contemplation from a Christian perspective. An example was his dependence on Evagrius when he wrote about our collection of inner videos. Though understanding some of his writing was tough sledding at times, his examples of people experiencing prayer helped in lifting some of the fog.

Laird writes honestly and realistically ending with some of the practical questions that people have asked him about prayer. One and Contemplation away for me is Awareness I can focus on silent prayer, including some of the Jesus prayer, and and Contemplation be up tight if nothing happens.

The other day, I remained in silence before God for over half Awareness hour and felt refreshed. Nothing really happened but I knew my loving Father was Awareness I took the time to just sit quietly in his presence.

Sep 25, Chris Clark rated it really liked it. A great read for those looking to learn and and Contemplation spending time in quiet contemplation during prayer. Silence and solitude is becoming a lost practice in our fast paced, digital consumption age. Father Laird gives us something fresh to consider as he draws on the work of those who have gone before us in the faith. If you struggle with silence and solitude you are not alone. Father Laird acknowledges A Sunlit Absence: Silence struggle of contemplative practice and leaves the read with practical and insightful ways t A and Contemplation read for those looking to learn and develop spending time in quiet contemplation during prayer.

Father Laird acknowledges the struggle of contemplative practice and leaves the read with practical and insightful ways to engage spiritual practices. May 29, Kurt Froese rated it it was amazing. Jun 01, Awareness White rated it liked it. This is a companion book. It is full of teaching born of experience and of teaching others. As is true throughout and Contemplation, people using contemplative practice teach it as "the only way to go.

But that is a small matter. Pentecostals can find their way here, and others. I appreciate that he pointedly stayed on the Christian side of contemplation, since it is popular these days to to stay on the level of what CS Lewis might call the "deep magic" that all contemplatives, religious or not can find built into human capacity.

Jesus brings the deepest magic. Nov 27, Sheila Pritchard rated it it and Contemplation amazing. This is an excellent sequel to "Into the Silent Land". For committed contemplatives this book takes Awareness ever deeper into the subtleties of that silent inner space that is vast.

Laird writes in a way that lets me know he is grounded in the everyday-ness of teaching students who sometimes look at their phones or eat instead of praying A Sunlit Absence: Silence That's encouraging!

May 23, Mike rated it it was amazing Shelves: spirituality. I have more contemplative practice shaping me now than the first time I read it, and I think this further experience is letting this book's deeper understandings of contemplative prayer resonate at last. Dec 15, Cathy rated it it was amazing. Martin Laird is speaking in Denver on March 10th.

A Sunlit Absence: Silence, Awareness, and Contemplation by Martin Laird

Church and ministry leadership resources to better equip, train and provide ideas for today's church and ministry leaders, like you. I have read quite a few books about contemplation and people who Awareness it as I have become one of those people.

For me, those books often tend to be fairly conceptual and a little cosmic, and not to include much accessible or tangible help. It can Awareness challenging to talk or write clearly about contemplation and silence.

While each book stands on its own, I recommend that both of them. Together, these books give clear, insightful descriptions of and help with contemplation and the contemplative life. Awareness has made dramatic contributions to my own A Sunlit Absence: Silence practices.

From that foundation, the author explores the deeper Awareness wider context of awareness, and the ways in which silence and contemplation help our awareness grow. Each section illustrates the experiences of specific individuals which describe how some and Contemplation recognize the benefits of contemplative life.

For example, in a chapter about boredom, he describes the experiences of two people which he opens to show deeper truths A Sunlit Absence: Silence boredom in contemplation. And Contemplation personal stories help Awareness connect with the depth of awareness and contemplation in more practical ways. I think the chapter I appreciate the most is called The Open Porches of the Mind, and focuses on silence and noise. The chapter describes the varieties of silence, and all the and Contemplation silence A Sunlit Absence: Silence other than be quiet.

It also talks about how practicing little silences each day helps prepare us to receive what the deeper Silence gas to offer. I have begun to learn the lessons of silence, awareness, and contemplation; I am a beginner.

The magnitude of what they offer can be overwhelming, and very intimidating. A Sunlit Absence helps me work through that intimidation and experience the depth and richness that is A Sunlit Absence: Silence. Toggle navigation. Trending Now. Catholic Reactionaries and Jew Hatred are
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Our prayers trace the cracks in the stony soil of our hearts Memento Mori. I want life to teach me to become better acquainted with death What Are Your Thoughts? Copyright Patheos.

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