



The Sun Inside Closed Eyes (Paperback)

By Stephen L Avard Jr Jd

Avard Enterprises, LLC, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Since the time of the Desert Fathers in the third century, Christian mystics have practiced meditation as a way of directly connecting with God and making His presence part of their daily lives. However, although today s Christians continue to pray, worship, donate, read The Holy Bible, and perform community service, they seem to have forgotten, left behind, or cast aside what Stephen L. Avard Jr., J.D. refers to as one of their greatest historical tools for self-improvement. Reintroducing Christian meditation as an all-transforming way of life, The Sun Inside Closed Eyes is divided into three parts that discuss the subjects of Personal Power, Love, and Self-Control, and examine the failings of today s Information Age and the Age of the Material. In contrast to the latest vogues in Eastern-style meditation, this educational, empowering, and inspirational guide isn t a lesson on how to lose yourself, become one with nature, calm muscles, or relax the mind, but is an easy method of learning how to focus on God, His kingdom, His Holy Names, and Christian mysticism. What are the benefits? Learn...



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