



The Inner Experience: Notes on Contemplation

Thomas Merton, William H. Shannon

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Now in paperback, revised and redesigned: This is Thomas Merton's last book, in which he draws on both Eastern and Western traditions to explore the hot topic of contemplation/meditation in depth and to show how we can practice true contemplation in everyday life.

Never before published except as a series of articles (one per chapter) in an academic journal, this book on contemplation was revised by Merton shortly before his untimely death. The material bridges Merton's early work on Catholic monasticism, mysticism, and contemplation with his later writing on Eastern, especially Buddhist, traditions of meditation and spirituality. This book thus provides a comprehensive understanding of contemplation that draws on the best of Western and Eastern traditions.

Merton was still tinkering with this book when he died; it was the book he struggled with most during his career as a writer. But now the Merton Legacy Trust and experts have determined that the book makes such a valuable contribution as his major comprehensive presentation of contemplation that they have allowed its publication.

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David Chambers:

Spent a free time to be fun activity to perform! A lot of people spent their spare time with their family, or their own friends. Usually they carrying out activity like watching television, about to beach, or picnic in the park. They actually doing same every week. Do you feel it? Do you need to something different to fill your personal free time/ holiday? Can be reading a book can be option to fill your free time/ holiday. The first thing that you'll ask may be what kinds of publication that you should read. If you want to test look for book, may be the publication untitled The Inner Experience: Notes on Contemplation can be great book to read. May be it is usually best activity to you.

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