

Contents

I. Finding Light	1
II. Listening	9
III. The Movement of the Heart	47
IV. Seeking Grace	73
V. The Interior Life	115
VI. <i>Conversatio</i> /The Constant Turning	133
VII. The Monastery of the Heart	173
Postscript	178
Acknowledgments	179
Appendix: The Benedictine Sisters of Mount St. Scholastica	180