

CONTENTS

Introduction	6
What do we mean by contemplative living?	
Who Was Thomas Merton?	
Using Bridges to Contemplative Living with Thomas Merton	
What do we mean by contemplative dialogue?	
Eight Principles for Entering into Contemplative Dialogue	
Additional Resources	
Session 1: The Ecology of Paradise	15
Session 2: Entering Paradise: The Pilgrimage to Human Kindness	19
Session 3: The Heart's Eden: Discovering Jesus	24
Session 4: Discovering Paradise Within Communities of Forgiveness	29
Session 5: Final Integration 1: Contemplative Living as Inner Experience	34
Session 6: Final Integration 2: The Loss of Self in Full Ripeness	39
Session 7: Final Integration 3: Contemplative Living and Peacemaking	44
Session 8: A Transforming Vision of Love's True Horizons	48
Concluding Meditations	54
Sources	57
Another Voice: Biographical Sketches	59