



Prayer of the Heart in Christian and Sufi Mysticism

Llewellyn Vaughan-Lee

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Guiding the reader through the stages of mystical prayer—a way to create a living relationship with the Divine within the heart—this book draws upon Christian and Sufi sources such as St. Teresa of Avila, ‘Attâr, St. John of the Cross, and Rûmî. Llewellyn Vaughan-Lee describes the stages of prayer: how prayer is first born of need, but then takes one deep within the heart, into the stages of union and ecstasy. Through mystical prayer, one is drawn into the silence of real communion with God. Here, in the silence within the heart, a meeting and merging takes place that carries one beyond the self into the mystery of divine presence. This exploration delves into the secret of how to pray without ceasing, in which prayer becomes alive within the heart, and includes a chapter on the need to pray for the well-being of the Earth. It brings together the Christian and Sufi mystical traditions and will benefit any practitioner of prayer who is drawn to discover a relationship with God within their heart.

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