



## From the Bottom of the Pond: The Forgotten Art of Experiencing God in the Depths of the Present Moment

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By Simon Small

John Hunt Publishing. Paperback. Book Condition: new. BRAND NEW, From the Bottom of the Pond: The Forgotten Art of Experiencing God in the Depths of the Present Moment, Simon Small, This is a book about knowing God. It is for those for whom just believing (or not believing) is no longer enough. Through personal experience, anecdote and story, a priest shares an ancient, but neglected aspect of Christian prayer. Contemplation takes us into the depths of the present moment, the only reality there has ever been and so the only place where God can be found. It takes us at different times into mystical oneness with the All, into profound self-knowledge and reveals love in the midst of the world. Contemplation is the universal experience at the heart of all religions. It is the place where their differences fall away and their uniqueness is celebrated. "From the Bottom of the Pond" seeks simply to be helpful. It says nothing new, but says it in a new way; a way rooted in our western culture and history. It suggests that the essence of the great and wonderful enlightenment teachings of the East was always here, hidden in plain sight.



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