



The Way of the Prisoner: Breaking the Chains of Self Through Centering Prayer and Centering Practice

Jens Soering

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Centering Prayer is a modern adaptation of the ancient practice of contemplative prayer, a process of inner purification and an opening of the mind and heart to God. In this remarkable book, Jens Soering, an inmate in a Virginia prison, tells how Centering Prayer and its corollary, Centering Practice—contemplative prayer in action—enable him to survive the daily pain of prison life. Through a moving true story of personal redemption that shocks and inspires, Soering shows how we can all transform our crosses, our prisons (literal or metaphorical), into the means of our salvation.

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