

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: Writing the Testament Our Hearts Speak	15
Session 2: Writing a Holy Sentence Day After Day	20
Session 3: Shaping Your Life's Story Line	25
Session 4: Your Life's Cast of Characters	30
Session 5: Your Life's Table of Contents	34
Session 6: The Primacy of Persons	38
Session 7: The Deepening of Faith	43
Session 8: Faith's Dark Night	48
Concluding Meditations	53
Sources	55
Another Voice: Biographical Sketches	57