

Right Here Right Now: The Practice of Christian Mindfulness

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Christians have always practiced mindfulness. Yet, from the popular landscape of mindfulness movement, you'd never know that. Where is the Christian voice in this fast-growing movement? Many Christians practice mindfulness outside of church and believe it does not belong to our faith tradition. This book reveals the Christian roots of mindfulness and the actual practices that, when reclaimed, deepen the life of faith and the power of our mission of love in the world. When we understand how radical it is to live in God's presence right here, right now, our lives are transformed toward mercy, justice and abundant life.

Amy Oden shows how the practice of Christian mindfulness begins with the teachings of Jesus and continues throughout Christian history. It also includes step-by-step instructions for the practice of Christian mindfulness today. Pastors and leaders will find this book useful on the ground as they curate current culture and guide Christians in spiritual practices.

"... this is the best introduction to Christian mindfulness I have read." -Shaun Lambert, Senior Minister of Stanmore Baptist Church, United Kingdom

"Amy Oden knows the history of Christian spirituality as well as anyone, and she helps us see what might seem surprising to many-that mindfulness has deep roots in the Christian tradition. The wisdom she shares in this clear, winsome book has already deepened my own life of prayer. I know this book will bear fruit in classrooms and congregations as readers heed its call to stop and pay prayerful attention to what God is doing, right here, right now."

-L. Roger Owens, Associate Professor of Christian Spirituality and Ministry, Pittsburgh Theological Seminary, Pittsburgh, PA

"Oden deftly lifts up a clear template for what lies at the core of all spiritual practice: mindfulness-a simple awareness within ordinary life of divine presence, here and now. Unlike many generic practices of mindfulness now popular in business, education, and the fitness industry, Oden underscores that Christian mindfulness is not an end in itself but an awareness that turns us toward God. Amy's words become a litany of invitation into the posture of open-hearted presence to the Presence, right here, right now." (from the foreword)

-Marjorie J. Thompson, author of *Soul Feast: An Invitation to the Christian Spiritual Life*, former Director of Pathways in Congregational Spirituality with Upper Room Ministries, and an ordained minister in the Presbyterian church (USA)

Amy G. Oden is Professor of Early Church History and Spirituality at Saint Paul School of Theology at Oklahoma City University and the author of *In Her Words*, *And You Welcomed Me*, and *Right Here Right Now*, all published by Abingdon Press.

Find out more at www.amyoden.com

Other Books

The Arts of Contemplative Care, Powerful and life-affirming, this watershed volume brings together the voices of pioneers in the field of contemplative care--from hospice and hospitals to colleges, prisons, and the military. Illustrating the day-to-day words and actions of pastoral workers, each first-person essay in this collection offers a distillation of the wisdom gained over years of compassionate experience. The stories told here are sure to inspire--whether you are a professional caregiver or simply feel inclined toward guiding, healing, and comforting roles. If you are inspired to read this book, or even one touching story in it, you just might find yourself inspired to change a life.

¶ ¶ ¶ ¶ ¶ . Dharma, Color, and Culture: New Voices in Western Buddhism. Berkeley: Parallax Press, 2004.. Bernhard , Toni . How to Be Sick : A Buddhist – Inspired Guide for the Chronically Ill and Their Caregivers . Boston: Wisdom Publications, 2010."