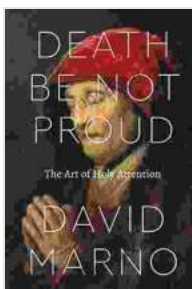


Embark on a Transformative Journey: The Art of Holy Attention Class 200

In our fast-paced, modern world, finding true meaning and connection can be a daunting task. Distractions abound at every turn, pulling us away from our inner selves and the present moment. The Art of Holy Attention Class 200 is a transformative experience designed to guide you on a journey of spiritual awakening, deepening your connection to God and creating a life filled with purpose and meaning.

The Art of Holy Attention Class 200 is a comprehensive 10-week online course led by renowned spiritual teacher and author, Fr. Thomas Keating. With over 50 years of experience in contemplative prayer, Fr. Keating shares his profound insights and wisdom, guiding you through the essential principles and practices of Holy Attention.

The class combines live online sessions and self-paced study, allowing you to progress at your own pace and delve deeply into the teachings. Through interactive discussions, guided meditations, and journaling exercises, you will:



Death Be Not Proud: The Art of Holy Attention (Class 200: New Studies in Religion) by Edgar Lee Masters

★★★★☆ 4 out of 5

Language : English
File size : 1643 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 384 pages
Lending : Enabled



- Understand the nature of Holy Attention and its transformative power
- Develop practical techniques to cultivate Holy Attention in your daily life
- Explore the mystical traditions and teachings that illuminate the path to enlightenment

The Art of Holy Attention Class 200 has countless benefits for your spiritual and personal growth:

- **Deepened Connection to God:** By practicing Holy Attention, you open yourself to a profound connection with the divine presence within and around you.
- **Increased Peace and Well-being:** The practices taught in this class promote relaxation, inner peace, and a sense of well-being in all aspects of your life.
- **Clarity and Focus:** Holy Attention helps declutter the mind and improve your ability to concentrate, resulting in greater clarity and productivity.
- **Expanded Awareness:** The journey of Holy Attention expands your consciousness, allowing you to experience a deeper connection to yourself, others, and the world around you.
- **Greater Meaning and Purpose:** By aligning yourself with the divine, you gain a clearer understanding of your life's purpose and direction.

The Art of Holy Attention Class 200 is suitable for anyone who seeks a deeper connection to God, enhanced self-awareness, and a life filled with meaning and purpose. It is particularly valuable for:

- Spiritual seekers looking to deepen their contemplative practices
- Those experiencing stress, anxiety, or a sense of emptiness
- Individuals seeking a transformative experience
- Those interested in exploring the mystical traditions of Christianity and other religions

The Art of Holy Attention Class 200 consists of:

- 10 live online sessions with Fr. Thomas Keating
- Self-paced study modules with readings, videos, and journaling exercises
- Access to an exclusive online community for support and discussion
- A comprehensive course workbook
- Optional guided retreats and workshops

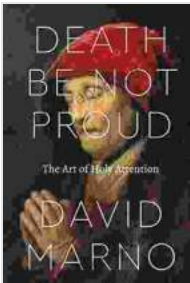
The class requires a commitment of approximately 3-5 hours per week for 10 weeks. Upon completion, you will receive a certificate of completion.

"The Art of Holy Attention Class 200 has been a transformative experience for me. Fr. Keating's teachings and the practices we learned have guided me towards a deeper connection with God and a greater sense of peace and well-being." - Sarah M.

"Through the insights and practices shared in this class, I have developed a stronger foundation for my spiritual journey. Holy Attention has become an integral part of my life, helping me navigate challenges and appreciate the beauty in every moment." - David H.

Embark on a journey of spiritual awakening with The Art of Holy Attention Class 200. Guided by the wisdom of Fr. Thomas Keating, you will learn practical techniques and profound insights to cultivate Holy Attention in your life. The transformative power of this class will enhance your connection to God, bring peace and well-being, and unlock a life of greater meaning and purpose.

To register for the class and begin your journey, visit [\[registration link\]](#).



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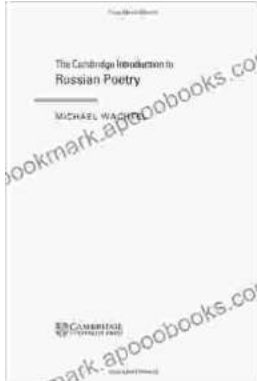
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