

## What is the Mind of Christ?

In this session, we'll summarize how mindfulness fits into a Christian framework for counselling. Why are body and breath so important in counselling? Is it appropriate to encourage meditation and contemplative prayer in counselling? How can we move towards helping each other to have the Mind of Christ?

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I. Review

II. Biblical Mindfulness

III. The Mindfulness of God

IV. The Mind of Christ

V. The Christian Tradition of Mindfulness/Meditation

A. Desert fathers

B. Pseudo-Dionysius and the Cloud of Unknowing

C. Jesus prayer

D. Contemplative and Centering prayer  
Thomas Keating

VI. Mindful prayer

VII. The nature of mystical experience

A. No boundaries

B. Jonathan Edwards

VIII. Conclusion

***Suggested Readings:***

*Mindfulness and Psychotherapy* Edited by Christopher Germer, Ronald Siegel and Paul  
Fulton, Guilford, 2016

*Being Mindful, Being Christian: A Guide to Mindful Discipleship*, Roger Bretherton, Joanna  
Collicutt, Jennifer Brickman, Monarch Books, 2016

*The Miracle of Mindfulness*, Thich Nhat Hanh

<http://christianmindfulness.co.uk/>

<http://www.mindfulnet.org/>

<https://goamra.org/>