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Nota di contenuto	Contents; Illustrations; Preface; Acknowledgments; Abbreviations; Part I: Approaching Contemplative Practice; Chapter 1. Approaching Contemplative Practice; Contemplative Practice; Contemplative Studies; Context and Locatedness; Psychology, Consciousness Studies, and Neuroscience; Interpretive Issues in Contemplative Studies; Notes; Works Cited and Further Reading; Chapter 2. Contemplative Traditions; Contemplative Traditions; Dimensions of Contemplative Practice; Contemplative Experience; Psychologies of Realization; Contemplative Literature; Future Prospects; Notes Works Cited and Further Reading Part II: Contemplative Traditions; Chapter 3. Daoist Apophatic Meditation: Selections from the Classical Daoist Textual Corpus; Elders of the Inner Cultivation Lineages of Classical Daoism; Classical Daoism and the "Family of the Way? (Daojia); Ways to the Way: Classical Daoist Apophatic Meditation and Its Results; Inner Cultivation according to the Textual Corpus of Classical Daoism; Further Inquiries on the Way; Contemplative Being-in-the-World; Notes; Works Cited and Further Reading; Selections from the Classical Daoist Textual Corpus; Cosmology Neiye (Inward Training)Laozi (Book of Venerable Masters); Zhuangzi

(Book of Master Zhuang); Huainanzi (Book of the Huainan Masters); Inner Cultivation: Theory and Techniques; Neiye (Inward Training); Laozi (Book of Venerable Masters); Zhuangzi (Book of Master Zhuang); Xinshu shang (Techniques of the Mind I); Huainanzi (Book of the Huainan Masters); Contemplative States: Transient yet Transformative; Xinshu shang (Techniques of the Mind I); Zhuangzi (Book of Master Zhuang); Huainanzi (Book of the Huainan Masters); Contemplative Traits: Long-Lasting Benefits; Neiye (Inward Training) Laozi (Book of Venerable Masters) Zhuangzi (Book of Master Zhuang); Huainanzi (Book of the Huainan Masters); Chapter 4. Quaker Silent Prayer: A Guide to True Peace; The Guide and Christian Quietism; The Religious Society of Friends and Quaker Quietism; Quaker Silent Prayer and Quietist Spirituality; Instructions on Prayer from the Guide; Reading the Guide in Later Quakerism; Minding the Light in Contemplative Studies; Notes; Works Cited and Further Reading; A Guide to True Peace: Or, the Excellency of Inward and Spiritual Prayer; Preface; 1: The Spirit of God Dwells in the Heart of Man  
2: On Faith 3: On Prayer; 4: All Are Capable of Attaining to Inward and Spiritual Prayer; 5: On Attaining to True Prayer; 6: On Spiritual Dryness; 7: On Defects and Infirmitities; 8: On Temptations and Tribulations; 9: On Self-Denial; 10: On Mortification; 11: On Resignation; 12: On Virtue; 13: On Conversion; 14: On Self-Annihilation; 15: Man Acts More Nobly under the Divine Influence, than He Can Possibly Do by Following His Own Will; 16: On the Possession of Peace and Rest before God; 17: On Perfection, or the Union of the Soul with God  
Chapter 5. Jewish Kabbalah: Hayyim Vital's Shaarei Kedusha

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