

Thomas Keating Video: On the Value of Daily Contemplative Prayer

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In this short [video](#), Father Thomas Keating describes the spiritual and practical need for a daily meditation practice to provide balance and perspective amid the sometimes overwhelming reality of contemporary life.

This wonderful video was brought to our attention by Chris and Phileena Heuertz in the newsletter of Gravity, their “center for contemplative activism.” If you aren’t already familiar with it, [Gravity’s website](#) is worth a visit.



