



# **In the Grip of Light: The Dark and Bright Journey of Christian Contemplation**

*Paul Murray OP*

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## **In the Grip of Light: The Dark and Bright Journey of Christian Contemplation** Paul Murray OP

What is it like in practice to come close to the presence of God? Are there words which can, in some way, explain the nature of that experience? In this compelling study, Paul Murray draws attention to both the wisdom and lived experience of those men and women who knew, at first hand, of the light and fire of which they speak. Murray demonstrates how important and relevant for us today are the writings of authors such as Catherine of Siena, John of the Cross, Meister Eckhart, and Teresa of Avila. To the often bewildered hearts and minds of our generation, the writings of these remarkable men and women speak with a unique authority.



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