



# **Poustinia: Encountering God in Silence, Solitude and Prayer (Madonna House Classics Vol.1)**

*Catherine Doherty*

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Poustinia -- The modern spiritual classic for those seeking the open heart and listening soul of a silent contemplation.

Poustinia, a Russian word, means 'desert', a place to meet Christ in silence, solitude and prayer. Catherine Doherty combines her insights into the great spiritual traditions of the Russian Church with her very personal experience of life with Christ.

Men and women who desire communion with God can discover how the poustinia powerfully fulfills their yearning. Readers are invited to leave the noise and harried pace of daily life to enter a place of silence and solitude. Catherine writes from her own experience with refreshing and startling Christian authenticity and a strong personal sense of spiritual authority.

Catherine emphasizes 'poustinia of the heart,' an interiorized poustinia, a silent chamber carried always and everywhere in which to contemplate God within. Learn how our desert can be in the marketplace, in the midst of countless conferences, traffic jams, bus trips--or a hospital ward. Written by one who knows by experience, Poustinia brings consolation with its vision of a personal desert that can bloom in simple, profound prayer.

A timeless best-seller, published in 16 foreign editions around the world, the experience of poustinia has become a worldwide phenomenon following its publicity through this popular book.

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