



Soul of Christ: Meditations on a Timeless Prayer

Marie Paul Curley

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The Anima Christi, or Soul of Christ, has been prayed by Christians since the fourteenth century. Commonly prayed after receiving the Blessed Sacrament, it has a rich history and an abundance of meaning. Sister Marie Paul Curley, FSP, delves into both as she reflects on the prayer, the Eucharistic imagery within, and its application for every Catholic.

Every line of the prayer is full of import and meaning. Sister Marie Paul reflects on each line of the prayer in individual chapters, helping you to search deeper within the simple words. Each chapter contains a section that could be used as a guided holy hour for an individual or a group, or just read as further reflection.

With practical applications, thoughtful meditations, and centuries' worth of tradition, Soul of Christ: Meditations on a Timeless Prayer is designed to bring you closer to Christ. Explore the richness of this ancient treasure of the Catholic Church, and join the communion of saints in praising the Body, Blood, Soul, and Divinity of Christ through the Anima Christi.

Features & Benefits:

Contemporary reflections on a traditional prayer

Features a guided holy hour in each chapter

Contains an appendix with information about how to make a holy hour

"This is a lovely book, rich in content and warm in tone. The author's unhurried contemplation, phrase by phrase, of this classic prayer, the Soul of Christ, revealed to me new depths in it and will change the way I pray it."

-Timothy M. Gallagher, OMV, author of *The Discernment of Spirits: An Ignatian Guide to Everyday Living*

"Each chapter draws your deeper into the mystical experience of the Soul of Christ and invites you into union with Jesus. As a retreat leader, I envision this book as a blueprint for a marvelous weekend retreat focused on intimacy with our Lord."

-Dr. Mary Amore, Executive Director, Mayslake Ministries

Soul of Christ: Meditations on a Timeless Prayer Details

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Csimplot Simplot says

Excellent book!!

Kerri says

I loved this book. It was well written, easy to follow, perfect for busy people, and very practical in many ways. I highly recommend this for anyone who loves the Anima Christi and wants to gain further insight, as well as those new to this ancient prayer of the Church and want to learn more about it. If you are looking for new ways to grow closer in your relationship with Jesus Christ, this book will help facilitate that. If you are struggling in your relationship or suffering and questioning God's will for your life, this book can help open you up to seeing how Jesus can bring healing and hope to you.

For my full review, see my post on Catholic Sistas: <http://www.catholicsistas.com/2015/03...>

Celia says

I discovered the Anima Christi prayer a few months ago. I have been a practicing Catholic for my entire life, and I never knew this beautiful prayer! It has been around a long time, and St. Ignatius of Loyola recommended it in his Spiritual Exercises. But, now I do know this prayer, and this book has helped me explore and contemplate the words of this prayer in a profound and in-depth study. The prayer and this book have drawn me even closer to Our Lord. Written in a clear, familiar tone, I now carry my kindle with me when I go to Eucharistic Adoration, so that I can read and contemplate a chapter or two from this book. Thank you, Sister Marie Paul. I say this prayer at least once each day.
