

been involved in teaching, adult life and

faith development, spirituality and theology for over sixty years in

many countries. He lives in Brisbane, Australia. Sayings for the Soul: Now I Have Put My Words in Your Mouth: Jeremiah 1:9: Themes for Personal and Communal Meditation offers a mini resource for those who wish to deepen their spiritual journeys through prayer using mantras and sacred sayings.

In a time of cultural turmoil and declining religious affiliation, at least in the West, Christians are called back to recover time-honoured approaches to prayer. Karl Rahner, a leading Jesuit theologian in the twentieth century, once wrote: *The Christian in the future will be a mystic or nothing at all.* Mantras and sacred sayings in prayer lead one into this mystical way.

The first section of the book is a summary of key ideas towards an appreciation of mantras and sacred sayings in religion generally and Christianity in particular.

The second and third sections of the book offer a compilation of over 160 popular biblical and sacred sayings which may be helpful in choosing mantras and sacred sayings for meditation.

The fourth section presents some examples of music and song as expressions of prayer.

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