

Singing the Psalms: How to Chant in the Christian Contemplative Tradition

Cynthia Bourgeault



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Authentic Benedictine Chants You Can Learn at Home

Fifteen-hundred years ago, St. Benedict established a system of ora et labora prayer and work that monastics still follow today. Central to this prayerful integration of body and spirit is psalmody, or chanting the psalms. In Singing the Psalms, Episcopal priest Cynthia Bourgeault shows how the psalms can awaken rich spiritual and psychological insights accessible to you today, whatever your level of vocal skill or theological understanding.



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