

FINDING SILENCE

52 Meditations for Daily Living

James Roose-Evans

Foreword by Sir Mark Tully

James Roose-Evans' first book on meditation, *Inner Journey: Outer Journey*, went into three editions and led to him being much in demand at workshops and retreats. *Finding Silence* is the result of numerous requests for him to compile a collection of practical but inspiring thoughts about meditation, creativity and spirituality. It grows out of the work of a group he leads in London which meets regularly for meditation. It is one of many hundreds of such groups today, gathering in each other's houses, transcending all differences of religion, colour, race and gender, as people increasingly seek a deeper meaning in their lives.

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'All who know the author recognise in him a spirituality firmly rooted in his commitment to life and informed by his own hard-earned wisdom.' - Dr Anthony Stevens

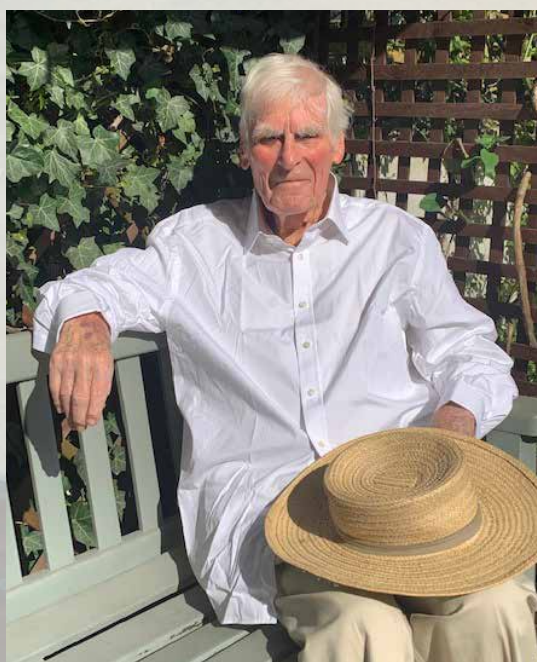


Photo by Norman Coates

James Roose-Evans' list of accomplishments is formidable. Sixty years ago he founded the Hampstead Theatre. A decade later he set up the Bleddfa Centre for the Creative Spirit. He has written twenty books and directed countless plays, including the award-winning adaptation of *84 Charing Cross Road*. He is an ordained, non-stipendiary Anglican priest.

In 2020 James was honoured to receive the Dunstan Award for Prayer and the Religious Life by the Archbishop of Canterbury 'for his distinctive contribution in exploring over 65 years the relationship between art and life, the creative and the spiritual.'

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