



Contemplative Masonry: Basic Applications of Mindfulness, Meditation, and Imagery for the Craft (Revised & Expanded Edition)

C. R. Dunning Jr.

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Part of the work that has become *Contemplative Masonry* first appeared on the internet in 2000 as an anonymously authored guide to the exploration of Freemasonry through contemplative practices like prayer, meditation, breath work, chanting, and visualization. Sixteen years later, the original author of that material, C.R. "Chuck" Dunning, Jr., has come forward with a substantially expanded edition for those seeking to utilize Masonic symbolism and teachings in a way that is practical, accessible, inspiring, and profoundly transformative. *Contemplative Masonry* is a much-needed resource for Masons seeking to undertake the challenging and rewarding work of deep self-knowledge and self-improvement. Brother Dunning provides Freemasons with a unique system of practices derived directly from the Degrees of Craft Masonry, without reliance upon other religious, spiritual, or esoteric traditions. He also shares the valuable wisdom and insights that come from decades of personal experience with contemplative practices.

"I would heartily recommend this book to any Mason who has wondered how he might engage more deeply with the Craft and enhance his quest for light. Brother Dunning has mapped out a practical approach to what he terms contemplative Masonry, which can be practiced by any brother, regardless of his religion or spiritual beliefs. I know of few Masons better qualified to serve as a guide to a specifically Masonic path of spiritual growth." — **Jay Kinney, 33°**, author of *The Masonic Myth* and editor of *The Inner West*

"Chuck Dunning takes us on a wonderful and enlightening journey of what has to occur in a man's body, mind, and spirit for him to actually improve himself in Masonry. He discusses the nature of inner work in Freemasonry, and he is eminently qualified to do so. He enlightens us with his wisdom and offers us a number of exercises which can lead us to the true treasure of manhood. This book is a must read for anyone wanting to know what is hidden in the language of Freemasonry." — **Robert G. Davis, 33° G.C.**, author of *The Mason's Words* and *Understanding Manhood in America*

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