

An Iconic Call to Contemplative Prayer

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## The Sublime Round Tower

### *The Sublime Round Tower*

is an exploration of the writings of John Cassian and his integral 'sublime tower' metaphor, which compares powerfully the reciprocal dynamic between the foundation, walls and uppermost cone of the tower with the *three transformational stages of the spiritual journey in prayer*: foundational purification of the heart, gradual illumination through conversion of lifestyle, and eventual contemplative union with God.

For Cassian, imitation of Christ is the way to recover the full image and likeness of God in the perfection of love. He wants to encourage his readers to move beyond Jesus' instruction on prayer or example of prayer in his earthly life to real participation in the Resurrection Consciousness of the Glorified Christ.

Sr. Kathleen says:

***"I hope to evoke renewed interest in Cassian, as he excels in integrating in a wonderful way the lived experience of the spiritual journey, with the goal of all spiritual endeavours, namely the contemplation of God."***

