



Contemplative Outreach Ireland



### **“Christ is risen”**

is not merely the cry of a few historical witnesses. It is the cry of all the people throughout the centuries who have realised **Christ rising in them**, not in the form of a passing enthusiasm, but in the form of an **unshakable conviction.**

Christ penetrates the very depths of our being....if we drink a cup of soup or walk down the street, it is Christ living in us, transforming us and the world from within.

“I live no longer I, but Christ lives in me” (Galatians 2:20)

*Thomas Keating, Manifesting God*