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FROM THE BOTTOM OF THE POND

THE FORGOTTEN ART OF EXPERIENCING GOD IN THE DEPTHS OF THE PRESENT MOMENT

SIMON SMALL

Publication date: September 2007

This is a book about knowing God. It is for those for whom just believing (or not believing) is no longer enough. Through personal experience, anecdote and story, a priest shares an ancient, but neglected aspect of Christian prayer.

Contemplation takes us into the depths of the present moment, the only reality there has ever been and so the only place where God can be found. It takes us at different times into mystical oneness with the All, into profound self-knowledge and reveals love in the midst of the world.

Contemplation is the universal experience at the heart of all religions. It is the place where their differences fall away and their uniqueness is celebrated.

From the Bottom of the Pond seeks simply to be helpful. It says nothing new, but says it in a new way; a way rooted in our western culture and history. It suggests that the essence of the great and wonderful enlightenment teachings of the East were always here, hidden in plain sight.

AUTHOR INFORMATION: **Simon Small** found his vocation as a priest after many years active involvement in the New Age movement. He currently divides his time between his role as Chaplain to the Bishop of Dudley and his profession as a freelance spiritual teacher. Much of his time in the latter role is spent with individuals as a Spiritual Companion. He also occasionally offers talks and leads seminars exploring spiritual questions. He lives in the UK.

From the Bottom of the Pond
Simon Small

O-books; UK£7.99; Paper; 96pp; 5 ½" x 8 ½"; ISBN 978-1-84694-066-8; **September 2007**

O is a symbol of the world, of oneness and unity. O Books explores the many paths of wholeness and spiritual understanding which different traditions have developed down the ages. It aims to bring this knowledge in accessible form, to a general readership, providing practical spirituality to today's seekers.

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Editorial office: O Books, The Bothy, Deershot Lodge, Park Lane, Ropley, Hampshire, SO24 0BE, UK



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ADVANCE PRAISE FOR **FROM THE BOTTOM OF THE POND**

There is an important distinction between the outer, institutional, side of religion and its inner spiritual-experiential side. The latter is the living heart of religion. This book is a very helpful account of this in its Christian form, with practical advice about the art of immediate awareness of the divine presence, and of the effects of this in life as a whole. I commend it both to church people and to the large number of non-church people who are concerned about their own contact with the Ultimate.

John Hick, Emeritus Professor of the Philosophy of Religion, Claremont Graduate University, California; philosopher, theologian and author of many books.

From the Bottom of the Pond is a profound, lucid and accessible book, full of wisdom and compassion.
Timothy Freke, author of *Lucid Living*, (with Peter Gandy) of *The Jesus Mysteries*, *Jesus and the Goddess*; *The Laughing Jesus*.

This is an important book. And it is coming out at the moment when it is needed. It is written in a language that we can all understand, mainly in short sentences, each of which adds something to build up a whole as we explore a mystery that is beyond words. Some good stories help us on the way. This short and profound book is a joy to read.

Rt Revd Stephen Verney, former Bishop of Repton

Don't just pick this book up, read it and read it again. It's the best Christian book I have read in years. This is a book that will inform, delight, and teach. It needs to be heard. It has the potential to light up Christianity. This is what happens when God is happening. It's a brave book, expressing what it feels like to feel God. It shines a light on God in the midst of life, in the detail and the dirt, and it should be on every Christian's reading list.

Revd Peter Owen-Jones, Anglican Priest, author and BBC TV presenter of *The Lost Gospels* and *The Battle for Britain's Soul*.

Simon Small offers, in a very accessible form, a way into the spiritual quest, that takes seriously the Christian contemplative tradition, as well as the explosion of interest in spiritualities of so many kinds in our time. His own experience is at the heart of the book, yet never imposed on the reader. It is a book by which, as you read it, you feel yourself nourished at the same time as you find yourself and your questions appearing on its pages.

Rt Revd Dr Peter Selby, former Bishop of Worcester and Bishop to HM Prisons.

A heart-warming and inspiring reminder of the essence of Christian spiritual development.
William Bloom, author of *Soulution*.

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