

Kess Frey

Kess graduated in with a degree in psychology from the University of California at Irvine in 1968, and has spent many years studying Eastern and Western philosophy, psychology and religion with special interest in meditation and depth psychology. Since 1989, his primary spiritual teacher has been Father Thomas Keating. A resident of Anchorage, Alaska since 1983, Kess has worked with school age children for over 20 years. Kess currently offers introductory centering prayer workshops, facilitates prayer groups and silent retreats, and is active in prison ministry. Kess has authored several books including: *The Will of Divine Love*, and *Centering Prayer and Rebirth in Christ on the Tree of Life*.

In Kess' words, "The desire to write came to me spontaneously in my late teens when I awoke in the middle of the night feeling charged with energy and experiencing a flow of ideas and inspiration in my consciousness. I didn't know where this was coming from but was uplifted by it and have been drawn to writing ever since. This inspiration is a gift that has continued to guide me from within, giving meaning, depth and purpose to my life. I believe such inner guidance is there for everyone, if we'll simply take time to slow down and be receptive to it. I believe we are all connected to the divine Source of life and creation in the deepest center of our being - one together in the love, truth and freedom of non-created Reality or God."