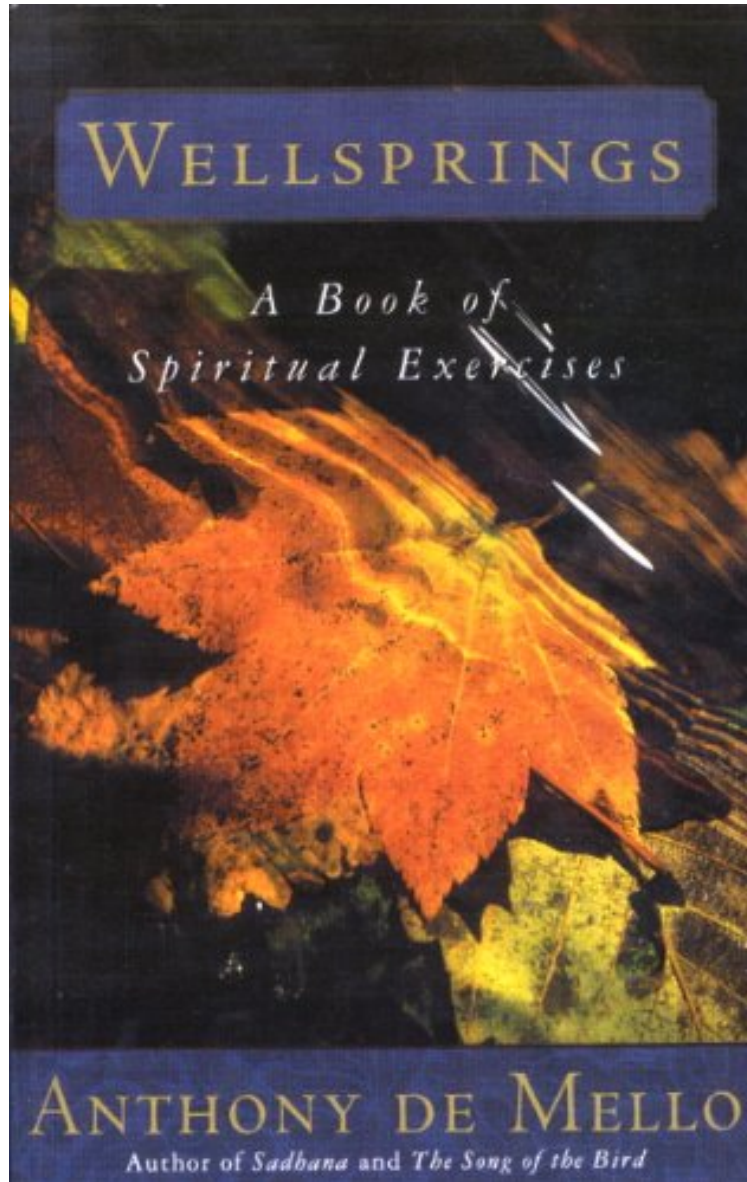


[Ebook free] Wellsprings: A Book of Spiritual Exercises

Wellsprings: A Book of Spiritual Exercises

Von Anthony De Mello

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Von Anthony De Mello : Wellsprings: A Book of Spiritual Exercises before purchasing it in order to gage whether or not it would be worth my time, and all praised Wellsprings: A Book of Spiritual Exercises:

KundenrezensionenHilfreichste Kundenrezensionen1 von 1 Kunden fanden die folgende Rezension hilfreich. Find Peace in Troubled TimesVon Ein KundeAnthony DeMello is superb in his manor of helping the reader find the lost,confused and at times sad individual and transporting him or her to a place of peace and tranquility. Wellsprings

offers many short meditation exercises. I really enjoy the contemplative peacefulness that is awakened with each essay that is SLOWLY read and concentrated upon. I take with me everywhere I go. Even though I have only owned it for a short time, it has the appearance of being decades old. I really have made it look LOVED. I hope you enjoy it as much as I have and still do! 0 von 0 Kunden fanden die folgende Rezension hilfreich. Pay attention to this man's writings! Von seeker Anthony DeMello actually was able to bring eastern mysticism and methods of meditation, into the Vatican and teach it to the Jesuits! If you know anything about Catholic hierarchy, that is quite a feat. But once you read this, one of my favorites, or other books by Fr. DeMello you'll see that what he says and teaches is so pure, innocent, true, relevant, and REAL, that you see why he received such a wide audience. I loved working the exercises in his book. Not from a Catholic point of view, but from a Meditator's position. I read his books often when I need to refocus. Enjoy :-)

Kurzbeschreibung One of the most important inspirational writers of our time, and an internationally acclaimed spiritual guide, Anthony de Mello here presents a way toward peace of mind, inner power, and joy through simple spiritual exercises that blend the ancient traditions of the East with the psychological and philosophical perspectives of the West. Wellsprings is intended to guide us to a deeper appreciation of the physical and mystical realms within us. In these pages, numerous aspects of self-awareness are explored that for many people are often left uncultivated in the rapid pace of modern life. In the tradition of the great spiritual leaders of the past, de Mello directs the whole person toward a state of harmony and grace -- in heart and mind, body and soul. This book's great insights into our universal spiritual yearnings have had tremendous resonance the world over, and its simple lessons of the spirit have touched the lives of millions. Wellsprings is indeed a book for everyone who thirsts for inner growth -- regardless of age, religion, or cultural background. If read carefully, its exercises will lead from mind to body, from thought to fantasy and feeling. It is then that we are both freed and empowered, awakened to reality and our real selves. For, as the teacher explains, "in solitude your self is given back to you."

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Synopsis A book of spiritual exercises. A way to peace of mind and inner power through simple teachings that blend the ancient traditions of the East with the psychological and philosophical perspectives of the West.