



Wellsprings

Anthony de Mello

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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."

Wellsprings Details

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From Reader Review Wellsprings for online ebook

Davis Aujourd'hui says

As the author of the spiritually-themed book, [...:], I am always on the outlook for books that feed my spirit. This is definitely one of them.

I was introduced to this book when I first came into recovery from alcoholism, over twenty years ago. I had just come to embrace that God could do for me what I could not do for myself. Prior to that time, I had become alienated from my Christian roots. This book opened up my eyes in ways I never would have believed.

Anthony DeMello was a Christian mystic who taught his students how to develop a personal relationship with God. This book laid the groundwork for me in order to do that. I cannot begin to tell you how this transformed my life and my relationship with Jesus.

This book is filled with wonderful meditations and visualizations that will help someone find the connection that their soul is thirsting for. Once you have read it, you will want to read his others. I own most of them and they are powerful! He is one of my favorite spiritual authors.

If you like Eckhardt Tolle or Deepak Chopra, you will love Anthony DeMello. He opens doors for people who have become stuck upon theology and have come up empty. Through this book, he provides a key that will open the door to your relationship with the Holy Spirit.

Davis Aujourd'hui, author of "The Misadventures of Sister Mary Olga Fortitude"

Pintérné Tóth Ágnes says

Ennek a könyvnek a kapcsán ismerkedtem meg a keresztyén meditációval, mint m?fajjal. Több meditációt vittem azóta közösségi alkalmakra ebb?l a kötetb?l. A visszajelzések alapján nem csak nekem jelentett nagy lelki élményt.

FRISSÍTÉS egy újbóli olvasás után (2015.04.25.):

Pár óra alatt újra átpörgettem az egész kötetet. Igazi kincsestár annak, aki kész és hajlandó a befelé figyelésnek, a meditációnak, az imádságnak erre a különösen is termékeny és értékes formájára.

Protestánsként van benne néhány olyan kifejezés, amivel nehéz mit kezdeni, de ha kell? nyitottsággal és fantáziával állunk hozzá, megtalálható az a mondat, az az irány, az a gondolat, ami behelyettesíthet? pl. az oltári szentség imádatának helyére.

Azért azt nem árt tudni, hogy bár a szerz? jezsuita volt, de szolgálatából kifolyólag az átlagosnál nyitottabb más világvallások felé. Ez bizonyos szituációkban (nem-keresztyének missziója) el?ny lehet, míg másokban (szigorúbb keresztyén közösségek) hátrány. Érdeemes hát megsz?rni ilyen szemüvegen át is, akár ha magunknak, de f?leg ha közösségnek az épülésére kívánjuk használni.

Jane Botten says

Fabulous book for christians, a deep thought provoking basis for christian meditation. I couldn't finish it because I am going in other directions with meditation.

Cait • A Page with a View says

Apparently the only books by this author that I get anything from are the ones where he doesn't actually say anything. The books with parables are awesome, but everything else just feels like a waste of time to be honest. These thoughts are all expressed by other authors much more concisely and eloquently, so I wouldn't recommend spending money on this one.

PC Walker says

Excellent book to have on hand to guide your times with the Lord.

Quike D-B says

Inspirador.

Tiia says

Harjoituksia sisäiseen työskentelyyn mystikkojen tyyliin.

"... Jos kykenen näin pitkälle,
olen päässyt maistamaan
puhtainta mystiikkaa,
nimittäin kaiken hyväksymistä sellaisena kuin se on."

Shirley says

Would not be everyone's cup of tea, but I enjoyed looking at life from his particular spiritual viewpoint. Found it thought-provoking.
