



Sadhana, a Way to God: Christian Exercises in Eastern Form

By Anthony de Mello

Download now

Read Online 

Sadhana, a Way to God: Christian Exercises in Eastern Form By Anthony de Mello

Christian Exercises in Eastern Form

Truly a one-of-a-kind, how-to-do-it book, this small volume responds to a very real hunger for self-awareness and holistic living. It consists of a series of spiritual exercises for entering the contemplative state -- blending psychology, spiritual therapy, and practices from both Eastern and Western traditions.

Anthony de Mello offers here an unparalleled approach to inner peace that brings the *whole* person to prayer -- body and soul, heart and mind, memory and imagination. In forty-seven exercises that teach things such as awareness of physical sensations, stillness, healing of hurtful memories, and consciousness of self and world, de Mello succeeds in helping all who have ever experienced prayer as difficult, dull, or frustrating. The essential key, he notes, is to journey beyond mere thought-forms and discover satisfying new depths in prayer *from the heart*. This allows for a greater sense of awareness amid silence, and disposes the one who prays to untold riches, spiritual fulfillment, and ultimately, a mystical experience of God-centeredness. Drawing on Scripture, as well as insights from Eastern and Western spiritual masters, the author has a unique appeal that transcends time, culture, and religious background.

For many years a bestseller in the English language, *Sadhana* has now been translated into more than two dozen foreign languages. Readers the world over have eagerly received this sincere spiritual leader, who has led many toward the wealth of insight and spirit that dwells within them.

 [Download Sadhana, a Way to God: Christian Exercises in East ...pdf](#)

 [Read Online Sadhana, a Way to God: Christian Exercises in Ea ...pdf](#)

Sadhana, a Way to God: Christian Exercises in Eastern Form

By Anthony de Mello

Sadhana, a Way to God: Christian Exercises in Eastern Form By Anthony de Mello

Christian Exercises in Eastern Form

Truly a one-of-a-kind, how-to-do-it book, this small volume responds to a very real hunger for self-awareness and holistic living. It consists of a series of spiritual exercises for entering the contemplative state -- blending psychology, spiritual therapy, and practices from both Eastern and Western traditions.

Anthony de Mello offers here an unparalleled approach to inner peace that brings the *whole* person to prayer -- body and soul, heart and mind, memory and imagination. In forty-seven exercises that teach things such as awareness of physical sensations, stillness, healing of hurtful memories, and consciousness of self and world, de Mello succeeds in helping all who have ever experienced prayer as difficult, dull, or frustrating. The essential key, he notes, is to journey beyond mere thought-forms and discover satisfying new depths in prayer *from the heart*. This allows for a greater sense of awareness amid silence, and disposes the one who prays to untold riches, spiritual fulfillment, and ultimately, a mystical experience of God-centeredness. Drawing on Scripture, as well as insights from Eastern and Western spiritual masters, the author has a unique appeal that transcends time, culture, and religious background.

For many years a bestseller in the English language, *Sadhana* has now been translated into more than two dozen foreign languages. Readers the world over have eagerly received this sincere spiritual leader, who has led many toward the wealth of insight and spirit that dwells within them.

Sadhana, a Way to God: Christian Exercises in Eastern Form By Anthony de Mello Bibliography

- Sales Rank: #83099 in Books
- Brand: Image
- Published on: 1984-09-01
- Released on: 1984-09-01
- Original language: English
- Number of items: 1
- Dimensions: 8.30" h x .40" w x 5.40" l, .31 pounds
- Binding: Paperback
- 144 pages

 [Download Sadhana, a Way to God: Christian Exercises in East ...pdf](#)

 [Read Online Sadhana, a Way to God: Christian Exercises in Ea ...pdf](#)

Download and Read Free Online Sadhana, a Way to God: Christian Exercises in Eastern Form By Anthony de Mello

Editorial Review

From the Publisher

One of the world's foremost spiritual guides responds to the modern hunger for self-awareness and holistic living with a series of spiritual exercises blending psychology, spiritual therapy, and practices drawn from both Eastern and Western traditions of meditation.

From the Inside Flap

One of the world's foremost spiritual guides responds to the modern hunger for self-awareness and holistic living with a series of spiritual exercises blending psychology, spiritual therapy, and practices drawn from both Eastern and Western traditions of meditation.

About the Author

Anthony de Mello, SJ, is the author of many spiritual bestsellers, including *Awareness*, and *The Way to Love*. A native and lifelong resident of India, de Mello taught throughout the world, and his books have been translated into more than thirty-five languages. He died in 1987.

Users Review

From reader reviews:

Doris Geer:

Precisely why? Because this Sadhana, a Way to God: Christian Exercises in Eastern Form is an unordinary book that the inside of the publication waiting for you to snap the idea but latter it will distress you with the secret this inside. Reading this book close to it was fantastic author who else write the book in such incredible way makes the content interior easier to understand, entertaining technique but still convey the meaning entirely. So , it is good for you because of not hesitating having this anymore or you going to regret it. This excellent book will give you a lot of positive aspects than the other book possess such as help improving your talent and your critical thinking way. So , still want to delay having that book? If I were being you I will go to the guide store hurriedly.

David Nester:

This Sadhana, a Way to God: Christian Exercises in Eastern Form is great publication for you because the content that is full of information for you who all always deal with world and have to make decision every minute. That book reveal it data accurately using great coordinate word or we can point out no rambling sentences inside it. So if you are read it hurriedly you can have whole data in it. Doesn't mean it only offers you straight forward sentences but hard core information with splendid delivering sentences. Having Sadhana, a Way to God: Christian Exercises in Eastern Form in your hand like getting the world in your arm, information in it is not ridiculous a single. We can say that no book that offer you world with ten or fifteen tiny right but this e-book already do that. So , this can be good reading book. Hey there Mr. and Mrs. occupied do you still doubt this?

Fabiola Stewart:

Don't be worry for anyone who is afraid that this book may filled the space in your house, you might have it in e-book method, more simple and reachable. That Sadhana, a Way to God: Christian Exercises in Eastern Form can give you a lot of friends because by you considering this one book you have point that they don't and make an individual more like an interesting person. This specific book can be one of one step for you to get success. This book offer you information that possibly your friend doesn't understand, by knowing more than some other make you to be great persons. So , why hesitate? We should have Sadhana, a Way to God: Christian Exercises in Eastern Form.

Sheldon McLean:

What is your hobby? Have you heard this question when you got college students? We believe that that query was given by teacher to their students. Many kinds of hobby, Every individual has different hobby. And you know that little person like reading or as reading through become their hobby. You need to understand that reading is very important along with book as to be the matter. Book is important thing to incorporate you knowledge, except your current teacher or lecturer. You get good news or update with regards to something by book. Numerous books that can you take to be your object. One of them is niagra Sadhana, a Way to God: Christian Exercises in Eastern Form.

Download and Read Online Sadhana, a Way to God: Christian Exercises in Eastern Form By Anthony de Mello #PVQSMB5HZGR

Read Sadhana, a Way to God: Christian Exercises in Eastern Form By Anthony de Mello for online ebook

Sadhana, a Way to God: Christian Exercises in Eastern Form By Anthony de Mello Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Sadhana, a Way to God: Christian Exercises in Eastern Form By Anthony de Mello books to read online.

Online Sadhana, a Way to God: Christian Exercises in Eastern Form By Anthony de Mello ebook PDF download

Sadhana, a Way to God: Christian Exercises in Eastern Form By Anthony de Mello Doc

Sadhana, a Way to God: Christian Exercises in Eastern Form By Anthony de Mello Mobipocket

Sadhana, a Way to God: Christian Exercises in Eastern Form By Anthony de Mello EPub