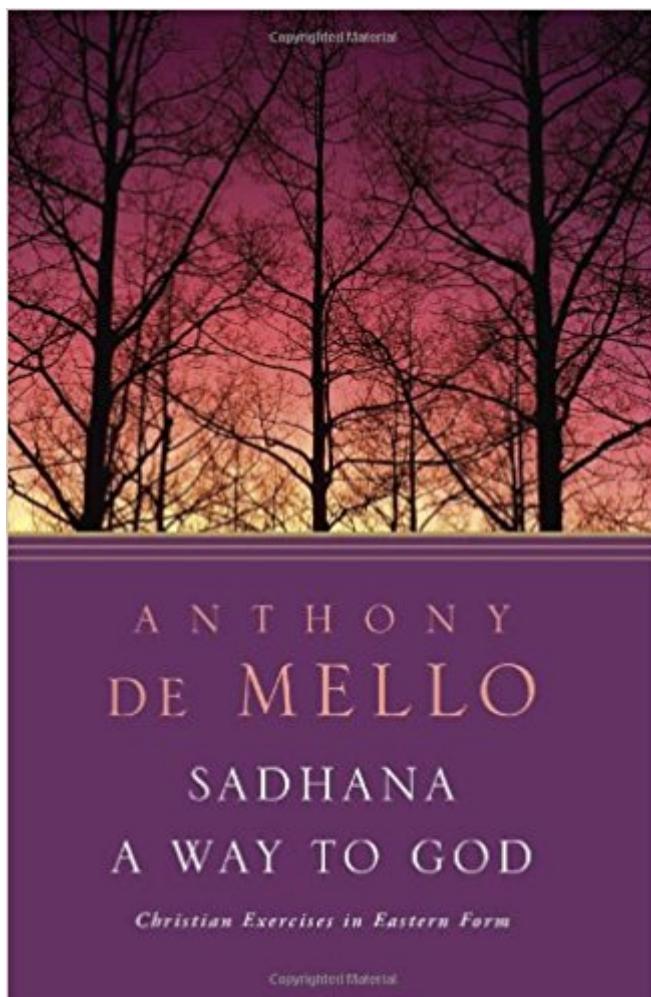


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# Sadhana, A Way To God: Christian Exercises In Eastern Form



## Synopsis

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.

## Book Information

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## Customer Reviews

This book, contrary to some of the criticism it has received through the years, is a classic resource

for meditation and prayer for those of us on a spiritual journey; and if you ask me, it doesn't much matter what religion you happen to practice. The word "Sadhana" has a myriad of meanings, so it reminds me of Ludwig Wittgenstein's old slogan, "Don't give me the meaning, give me the use!" And the use, my dear friends, is esoteric for each and every one of us. Sadhana could be described as a personal understanding of God, or discipline-even spiritual practice. In this book Anthony offers 47 exercises derived from Zen Buddhist sources, Christian scripture, modern psychology, and even yoga; de Mello's palate was always an eclectic one. He was a true master when it came time for him to speak to an audience, retaining this mysterious ability to completely captivate all those in the room. In some sense, what de Mello prescribes in this work is basically zazen meditation (Zen Buddhist form of meditation); even going so far as facing our corpse in order to live freely as though we were already dead. Wonderful advice. This book is much more than "cognized prayer"-no-this one talks about devoting your entire being into the act, not simply your words. An earlier reviewer remarked that Anthony would not recommend this book; I don't know of such information, and I certainly don't find him to be the type to make 'claims of enlightenment.' I would have smacked him if he said, "I wrote this before my enlightenment." Such a naughty word - "BEFORE." Nora gives the fundamentalists side of the book, of which this work will never satisfy such folk. I'm sorry, but Anthony de Mello was a mystic, not a poisonous snake dancer.

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