



## Praying Body and Soul: Methods and Practices of (New edition)

By Anthony De Mello, Gabriel Galache

Columba Press. Paperback. Book Condition: new. BRAND NEW, Praying Body and Soul: Methods and Practices of (New edition), Anthony De Mello, Gabriel Galache, This step-by-step exercise book integrates the Christian tradition of contemplation and the Eastern wisdom of meditation. Each of the 43 chapters guides the reader through a physical awareness exercise, contemplates specific texts from the Bible, then concludes with a short story. The texts, adapted and enlarged from a retreat given by Father de Mello to Jesuits in Rome, draw from the clarity of the Ignatian exercises and reflect a long experience with prayer and meditation in today's modern world. Anthony de Mello was known around the world for the innovative way he shared and taught spirituality. His stories and spiritual guidance, grounded in everyday experiences, are both provocative and full of humour. Father de Mello teaches readers to appreciate reality, and to distinguish illusion from consciousness, inspiration from hallucination, and dependency from freedom.

DOWNLOAD



READ ONLINE

[ 8.69 MB ]

### Reviews

*Completely essential go through ebook. It can be written in basic phrases and never difficult to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- **Jessy Collier**

*It is fantastic and great. It usually will not charge an excessive amount of. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- **Modesto Mante**