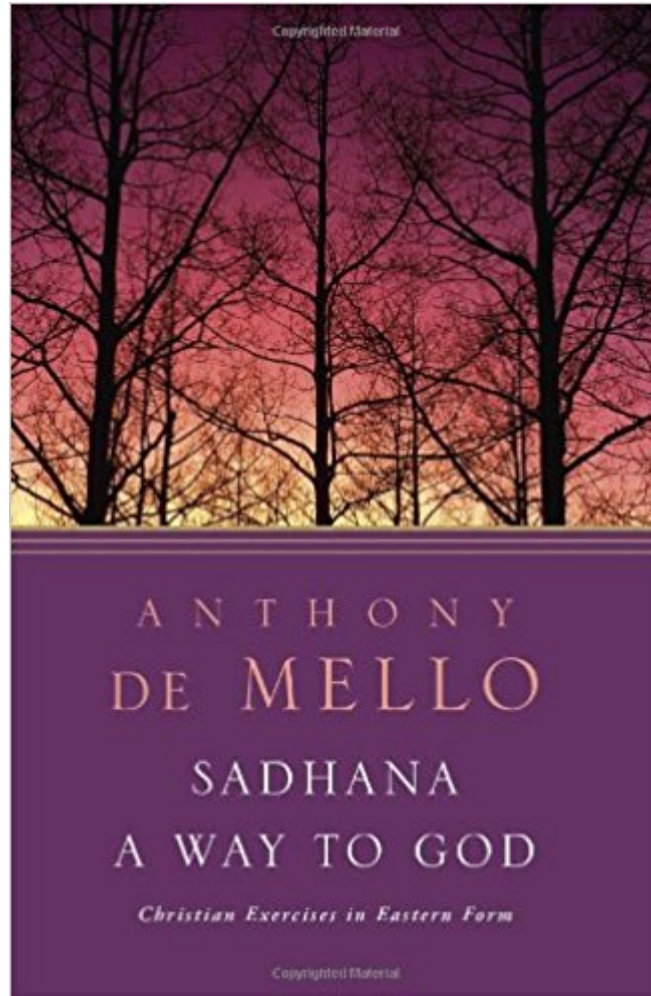


The book was found

# 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

Paperback: 144 pages

Publisher: Image; Reprint edition (September 1, 1984)

Language: English

ISBN-10: 0385196148

ISBN-13: 978-0385196147

Product Dimensions: 5.4 x 0.4 x 8.3 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (48 customer reviews)

Best Sellers Rank: #47,877 in Books (See Top 100 in Books) #30 in [Books > Christian Books & Bibles > Theology > Mysticism](#) #945 in [Books > Religion & Spirituality > Religious Studies > Theology](#)

## 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.

[Download to continue reading...](#)

Sadhana, a Way to God: Christian Exercises in Eastern Form The New Testament and the People of God/ Christian Origins and the Question of God, Vol.1 (Christian Origins and the Question of God (Paperback)) Roget's 21st Century Thesaurus: Updated and Expanded 3rd Edition, in Dictionary Form (Roget's Twentieth-First Century Thesaurus in Dictionary Form) How to Form a Nonprofit Corporation (National Edition): A Step-by-Step Guide to Forming a 501(c)(3) Nonprofit in Any State (How to Form Your Own Nonprofit Corporation) Crisis and Renewal: The Era of the Reformations (Westminster History of Christian Thought) (Westminster Histories of Christian Thought) (The Westminster History of Christian Thought) Exercises in English Level G: Grammar Workbook (Exercises in English 2008) Exercises in Oral Radiography Techniques: A Laboratory Manual for Essentials of Dental Radiography (3rd Edition) (Thomson, Exercises in Oral Radiography Techniques) Philokalia-The Eastern Christian Spiritual Texts: Selections Annotated & Explained (SkyLight Illuminations) Sexuality and the Christian Body: Their Way into the Triune God The Resurrection of the Son of God (Christian Origins and the Question of God, Vol. 3) ARE YOU RIGHT WITH GOD?: Discover how to be saved and right with God is not as hard as you think! (Walking With God, Walking With Jesus Book 1) The Names Of God: Exploring God's Character

With 1000+ Names Of God And Their Meanings How God Became God: What Scholars Are Really  
Saying About God and the Bible Christian Coloring Cards: Beautiful Blessings and Psalms to Color  
and Share: A Spiritual & Inspirational Christian Coloring Book for Adults with ... Coloring Books for  
Adults) (Volume 1) Christian Crafts from Paper Plates (Christian Craft Series) Speaking Christian:  
Why Christian Words Have Lost Their Meaning and PowerâAnd How They Can Be Restored  
Becoming Adult, Becoming Christian : Adult Development and Christian Faith Foxe's Christian  
Martyrs of the World (Christian Library) Prayer: 365 Days of Prayer for Christian that Bring Calm &  
Peace (Christian Prayer Book 1) Prayer: The 100 Most Powerful Morning Prayers Every Christian  
Needs To Know (Christian Prayer Book 1)

[Dmca](#)