

# The Way To Love Anthony De Mello

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Awakening - Anthony De Mello 2003-10-21

From the bestselling author of Awareness and The Way to Love comes a classic reissue of lessons to inspire readers every day of the year. With more than two million books sold and countless admirers throughout the world, Anthony de Mello is regarded as one of the most influential religious teachers of the past fifty years. Since his death in 1987, widespread recognition of his work's enduring value has continued to grow. In *Awakening*, de Mello explores "the wisdom that cannot be conveyed in human speech." Through 365 meditations, blending the mystical traditions of both East and West, he creates the lessons of a profound "master" to his "pupil," illustrating our common need for harmony and enlightenment. The daily parables, sometimes cryptic and often witty, are not meant so much to instruct as to awaken the understanding deep within the human heart.

Praying Body and Soul - Anthony De Mello 1997-01-01

This step-by-step exercise book integrates the Christian tradition of contemplation and the Eastern wisdom of meditation.

Turn My Mourning into Dancing - Henri Nouwen 2004-06-29

How do you find hope in hard times? Learn not only how to survive the difficult seasons, but to live a full life in the midst of them and beyond. Grounded in God's constancy and rooted in eternal hope, Nouwen guides you towards the kind of life that you can dance to—even through the darkest night. Deeply comforting and profoundly realistic, *Turn My Mourning into Dancing* discusses five movements we experience during hard times: From Our Little Selves to a Larger World From Holding Tight to Letting Go From Fatalism to Hope From Manipulation to Love From a Fearful Death to a Joyous Life Healing begins with taking our pain out of its toxic isolation and seeing our sufferings in communion with all humanity, and all creation. Nouwen teaches us that our lives participate in something much larger. *Turn My Mourning into Dancing* is a must read for: Those seeking growth and insight on the struggles of life Anyone going through the grief process and searching for real solutions Those who have experienced a loss, betrayal, or hard times Everyone grieves differently. It is a process, not a science experiment. Mourning shouldn't last forever. Do you want the kind of life that allows you to dance even in the middle of the darkest night? Get the answers and find hope within your hard times.

The New Religions - Jacob Needleman 2009-10-01

Philosopher Jacob Needleman's groundbreaking study of America's alternative spiritual movements is back in print with a new introduction by the author. Originally published in 1970, *The New Religions* was the first full-scale study of alternative spirituality in America. It remains unparalleled for the intellectual depth and seriousness with which it regards Eastern, New Age, and alternative faiths on the American landscape. Needleman's writing and reportage are unfailingly thoughtful and incisive as he illuminates topics that other scholars failed to consider or could not fully grasp.

**Spiritual Direction** - Henri J. M. Nouwen 2006-05-23

*Spiritual Direction* gives us the unique and unrivaled experience of having Henri Nouwen as our personal spiritual director, answering our questions about the spiritual life in his wise, comfortable, and engaging style. With Nouwen's guidance, we can reorient our lives and open the door to true spiritual transformation. Henri Nouwen, the world-renowned spiritual guide and counselor, understood the spiritual life as a journey of faith and transformation that is deepened by accountability, community, and relationships. Though he counseled many people during his lifetime, his principles of spiritual direction were never written down. Now two of his longtime students, Michael Christensen and Rebecca Laird, have taken his famous course in spiritual direction and supplemented it with his unpublished writings to create the definitive work on Nouwen's thoughts on the Christian life. Stories, readings, and thematically organized questions for reflection and guided journal writing provide an unparalleled resource for spiritual direction, both for individuals and for small groups.

The Eye of the I - David R. Hawkins, M.D., Ph.D. 2016-03-15

This is the second volume of a trilogy that began with *Power vs. Force* and will be completed in the year 2002 by the publication of the third volume entitled *I: Reality and Subjectivity*. *The Eye of the I* (which calibrates at 950) is more advanced than *Power vs. Force* (which calibrates at 850) and brilliantly reveals the very core of the spiritual process critical to the state of Enlightenment. The intrinsic power of the information provided in this startling classic is sufficient of itself to elevate the consciousness of the reader. This likelihood has been anticipated and provided for by preparatory recontextualizations. Included are verbatim dialogues with advanced students, instructions, and explanations that illuminate the spiritual teachings. *The Eye of the I* is a brilliant work that dissolves the barriers between the known and the unknown, between science and spirituality, and between the Newtonian linear paradigm of the ego and the nonlinear reality of Enlightenment. With the resolution of the self, the Self shines forth and reveals one's true identity.

**Praying Naked** - J. Francis SJ. Stroud 2007-12-18

In his books *Awareness* and *The Way to Love*, among others, the internationally acclaimed spiritual guide Anthony de Mello presented an approach to spirituality that integrated the ancient traditions of the East with the psychological and philosophical perspectives of the West. Twenty years after his death, de Mello's books continue to attract readers and his work remains a powerful influence on contemporary spiritual thought and practices. J. Francis Stroud, S.J., who helped de Mello with his hugely successful lectures, seminars, and books, has dedicated himself to keeping de Mello's teachings alive through the de Mello Spirituality Center at Fordham University. In *Praying Naked*, Father Stroud draws on his peerless understanding of de Mello's works to help readers keep their lives on track and navigate their own spiritual journeys. In clear, simple language, he explains how to master de Mello's approach to meditation and shows that meditating for even as little as three minutes a day can resolve the problems caused by difficult life conditions and guide us on the quest for spiritual happiness, self-discovery, and self-awareness.

**From Fear to Serenity with Anthony de Mello** - Casey, Thomas G., SJ 2020-04-16

An informal, individual retreat with the works of the great Indian Jesuit psychologist and spiritual master, Anthony de Mello, SJ.

Awareness - Anthony De Mello 1990

Mixing Christian spirituality, Buddhist parables, Islamic sayings, Hindu breathing exercises, and psychological insight, spiritualist and Jesuit priest Anthony de Mello challenges readers to identify our most submerged, darkest feeling, accept them, not let them rule us, and allow this new awareness of ourselves to change us. Copyright © Libri GmbH. All rights reserved.

**Rediscovering Life** - Anthony De Mello 2012-06-12

A companion to Anthony De Mello's all-time bestselling work of inspiration, *Awareness*. Anthony De Mello was one of the most important spiritual writers of the 20th century. Since his death in 1987, his stature has only increased. His books, including *Song of the Bird*, *Sadhana*, and the international bestselling *Awareness* are considered by many to be some of the most influential spiritual teachings of the last 50 years. Now, to commemorate the 25th anniversary of his passing, Image Books is proud to present what may very well prove to be the last published work of this beloved spiritual teacher. Based on a lecture given just months before his death, *Rediscovering Life* invites us to unlock the deeper meaning of our lives. By becoming aware of the circuitous and habitual nature of our limiting thoughts, we can find simple solutions that will release us from feelings of isolation, anger, sadness and depression. In short, De Mello offers us a new way to look at the world and God that will transform our lives. *Rediscovering Life* is a timeless and compassionate book that will awaken you to the beauty of human experience and increase your ability to see God in all things.

Spiritual Enlightenment: The Damnedest Thing - Jed McKenna  
2009-11-25

A MASTERPIECE of illuminative writing, *Spiritual Enlightenment: The Damnedest Thing* is mandatory reading for anyone following a spiritual path. Part exposé and part how-to manual, this is the first book to explain why failure seems to be the rule in the search for enlightenment, and how the rule can be broken. :: Book One of Jed McKenna's Enlightenment Trilogy. Contains Bonus Material.

**One Minute Wisdom** - Anthony De Mello 2003-05

**Stop Fixing Yourself** - Anthony De Mello 2021-04-13

Can you imagine how liberating it would be to never be disillusioned again, never be disappointed again, never feel let down again? Want to wake up, come alive, and be free? Anthony De Mello's *Stop Fixing Yourself* is the answer you have been looking for. The question Anthony De Mello's *Stop Fixing Yourself* poses and successfully answers is: Can you attain enlightenment without the slightest effort on your part?

Spiritual seekers exhausted from years of fruitless striving might well sigh deeply and think, "If only that were true." Well, Anthony De Mello asserts it is true. *Stop Fixing Yourself: Wake Up, All Is Well* provides the simple path to living an enlightened life. De Mello tells us that if you are watchful and awake, all that is false and neurotic within you will drop away and you will begin to live increasingly from moment to moment in a life made whole and happy and transparent through awareness.

Awareness transforms you from a seeker to a finder, opening your eyes to the reality of the love, peace, and beauty that has always surrounded you. Awareness will set you free. In *Stop Fixing Yourself*, De Mello's down-to-earth teaching method helps you discover true awareness, releasing the divinity all around you and making your life meaningful, beautiful, and prosperous.

*Think on These Things* - Jiddu Krishnamurti 2010-08-10

'The material contained in this volume was originally presented in the form of talks to students, teachers and parents in India, but its keen penetration and lucid simplicity will be deeply meaningful to thoughtful people everywhere, of all ages, and in every walk of life. Krishnamurti examines with characteristic objectivity and insight the expressions of what we are pleased to call our culture, our education, religion, politics and tradition; and he throws much light on such basic emotions as ambition, greed and envy, the desire for security and the lust for power -- all of which he shows to be deteriorating factors in human society.' From the Editor's Note 'Krishnamurti's observations and explorations of modern man's estate are penetrating and profound, yet given with a disarming simplicity and directness. To listen to him or to read his thoughts is to face oneself and the world with an astonishing morning freshness.' Anne Marrow Lindbergh

**Sadhana** - Anthony De Mello 1984-09-01

*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.

The Song of the Bird - Anthony De Mello 2016-07-05

"Every one of these stories is about YOU." --Anthony de Mello Everyone loves stories; and in this book the bestselling author of *Sadhana: A Way to God* shares 124 stories and parables from a variety of traditions both ancient and modern. Each story resonates with life lessons that can teach us inescapable truths about ourselves and our world. De Mello's

international acclaim rests on his unique approach to contemplation and ability to heighten self-awareness and self-discovery. His is a holistic approach, and in the words of one reviewer: "his mysticism cuts across all times and peoples and is truly a universal invitation." *The Song of the Bird* uses the familiar yet enduring medium of the story to illustrate profound realities that bring us in touch with the problems and concerns of daily life, as well as with our common spiritual quest. The aim is to develop the art of tasting and feeling the message of each story to the point that we are transformed. "Let the story speak to your heart, not to your brain," the author directs. "This may make something of a mystic out of you." Enhanced by lovely ink drawings, this is indeed a volume to treasure, to share, and to read many times over, for it is everyone's best companion on the road to spiritual growth.

**The Way to Love** - Anthony De Mello 1995-06-01

From the international bestselling author of *Awareness*, a pocket-sized guide that will bring you to new levels of spiritual awareness. *The Way To Love* contains the final flowering of Anthony de Mello's thought, and in it he grapples with the ultimate question of love. In thirty-one meditations, he implores his readers with his usual pithiness to break through illusion, the great obstacle to love. "Love springs from awareness," de Mello insists, saying that it is only when we see others as they are that we can begin to really love. But not only must we seek to see others with clarity, we must examine ourselves without misconception. The task, however, is not easy. "The most painful act," de Mello says, "is the act of seeing. But in that act of seeing that love is born." Anthony De Mello was the director of the Sadhana Institute of Pastoral Counseling in Poona, India, and authored several books. *The Way To Love* is his last.

*Wellsprings* - Anthony De Mello 2013-07-24

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."

**Safe People** - Henry Cloud 2009-05-26

Too many of us have invested ourselves into relationships that left us deeply wounded. We've been abandoned or taken advantage of, and left with little to show for what we've given. We've lost our sense of security and personal value in the process. And what's worse, we tend to either repeat the same mistakes of judgment over and over . . . Or else lock the doors of our hearts entirely and throw away the key. Why do we choose the wrong people to get involved with? Is it possible to change? And if so, where does one begin? Drs. Henry Cloud and John Townsend offer solid guidance for making safe choices in relationships, from friendships to romance. They help identify the nurturing people we all need in our lives, as well as ones we need to learn to avoid. *Safe People* will help you to recognize 20 traits of relationally untrustworthy people. Discover what makes some people relationally safe, and how to avoid unhealthy entanglements. You'll learn about things within yourself that jeopardize your relational security. And you'll find out what to do and what not to do to develop a balanced, healthy approach to relationships.

**Taking Flight** - Anthony De Mello 2012-08-01

"Both what you run from -- and what you yearn for -- are within you." -- Anthony de Mello, S.J. In the tradition of his bestselling *Song of the Bird*, de Mello has written these story meditations as stepping stones toward a spiritual life based on self-knowledge and understanding. This book contains over 250 stories, grouped under the themes of Prayer, Awareness, Religion, Grace, "Saints," Self, Love, and Truth. Although derived from a variety of countries and cultures, these tales share the spiritual heritage and popular humor of the entire human race. As he does so skillfully in his other books, de Mello uses the medium of the

story to enable his readers to work through their problems and arrive at essential Truth. With each seemingly simple anecdote comes a lesson powerful enough to break down barriers that limit self-understanding -- which in turn fosters a better understanding of others, in all situations in life. "Even if you read the stories in this book only for the entertainment," he warns, "there is no guarantee that an occasional story will not slip through your defenses and explode when you least expect it to." Taking Flight offers a joyful, transcendental experience. De Mello pilots a spiritual journey with the skill of a true master.

*The Way to Love* - Anthony De Mello 2012-06-12

The Way to Love contains some of the most beloved stories from Anthony de Mello. Here, more than ever before in his bestselling writing, he grapples with the ultimate question of love. In thirty-one meditations, he implores his readers with his usual pithiness to break through illusion, the great obstacle to love. "Love springs from awareness," de Mello insists, saying that it is only when we see the other as he or she really is that we begin to love. The second act of love, he says, is seeing ourselves without illusion—without the coercive nature of our needs, desires, memories, prejudices, and projections. If these steps are taken, then love will steal upon a person or into a relationship. But the task is not easy. "The most painful act the human can perform," de Mello says, "is the act of seeing. It is in that act of seeing that love is born."

**One Minute Wisdom** - Anthony De Mello 1988-02-01

Through profound spiritual insights and his unique approach to the inner life, internationally acclaimed author Anthony de Mello points the way toward new levels of contemplation, happiness, love, wisdom, and enlightenment. In more than two hundred parables and lessons about living life fully yet simply, de Mello gives examples filled with wisdom that cannot be conveyed in regular direct discourse. Rooted in the spirit of the Gospel and spanning the mystical traditions of East and West, this invigorating volume -- like all the author's previous books -- is intended to enliven our faith and free us from whatever imprisons our mind, body, and soul. One Minute Wisdom will lead from sense to sensitivity, from mood to meaning, from thought to feeling. And as de Mello writes, "Wisdom can come without the slightest effort—in the time it takes to open your eyes." Wherever your spiritual belief may lie—or even if you have no beliefs at all—you will find in these pages needed and helpful direction on continuing the process of self-discovering and on finding the satisfying riches that lie deep within you.

Contact with God - Anthony De Mello 2009-03-12

With more than two million copies of his books in print, Anthony de Mello remains one of the world's most popular spiritual guides. In Contact with God, he draws upon his persuasive lectures and personal parables to guide readers through their own spiritual retreats. Nowhere is Anthony de Mello's characteristic warmth and insight more evident than in the series of talks he gave while guiding retreats. Known throughout the world as one of the foremost religious guides, de Mello offers here the transcripts from his beloved lectures, inspiring readers going on retreat and including suggestions for how to get the most out of the retreat experience. In Contact with God (reissued and available for the first time from Image), he intersperses his descriptions of various types of prayer with stories from his own life, as well as the thought-provoking parables for which he is best known.

**Contact with God** - Anthony De Mello 2003-10-21

With more than two million copies of his books in print, Anthony de Mello remains one of the world's most popular spiritual guides. In Contact with God, he draws upon his persuasive lectures and personal parables to guide readers through their own spiritual retreats. Nowhere is Anthony de Mello's characteristic warmth and insight more evident than in the series of talks he gave while guiding retreats. Known throughout the world as one of the foremost religious guides, de Mello offers here the transcripts from his beloved lectures, inspiring readers going on retreat and including suggestions for how to get the most out of the retreat experience. In Contact with God (reissued and available for the first time from Image), he intersperses his descriptions of various types of prayer with stories from his own life, as well as the thought-provoking parables for which he is best known.

**Ways to Love** - Clarence McClendon 2022-10-20

In The Way To Love, Anthony de Mello's final expression of thinking, he wrestles with the fundamental meaning of love. He begs his readers in thirty-one meditations to overcome illusion, the main barrier to love, with his characteristic wit. De Mello maintains that "love springs from awareness," stating that this is the only way we can start to truly love someone. But in addition to trying to see people clearly, we also need to look at ourselves objectively. But it's not a simple task. "The act of

looking is the most painful act, according to de Mello. But love is born in the act of looking." The Sadhana Institute's director was Anthony De Mello.

*The Spiritual Wisdom of Anthony de Mello* - Anthony de Mello 2012  
Anthony de Mello was a Jesuit priest from India. He fuses spiritual ideas from many religions in a way that makes them accessible to readers. This book is in the form of a lecture at a retreat and it deals with the notion that we walk through life in a kind of sleep that prevents us from achieving a real connection to God and to ourselves. This book contains the following lectures: On Waking Up Will I Be Of Help To You? On The Proper Kind Of Selfishness On Wanting Happiness Are We Talking About Psychology In This Spirituality Course? Neither Is Renunciation The Solution Listen And Unlearn What's On Your Mind? Good Bad Or Lucky Our Illusion About Others Self-Observation Awareness Without Evaluating Everything The Illusion Of Rewards Finding Yourself Stripping Down To The 'I' Negative Feelings Toward Others On Dependence How Happiness Happens Fear The Root Of Violence Awareness And Contact With Reality Good Religion -The Antithesis Of Unawareness Labels Obstacles To Happiness Four Steps To Wisdom All's Right With The World Sleepwalking Change As Greed A Changed Person Arriving At Silence Losing The Rat Race Permanent Worth Desire, Not Preference Clinging To Illusion Hugging Memories Getting Concrete At A Loss For Words Cultural Conditioning Filtered Reality Detachment Addictive Love More Words Hidden Agendas Giving In Assorted Landmines The Death Of Me Insight And Understanding Not Pushing It Getting Real Assorted Images Saying Nothing About Love Losing Control Listening To Life The End Of Analysis Dead Ahead The Land Of Love  
*The End of Stress* - Don Joseph Goewey 2014-09-23

"Alleviating stress leads to success. Stress debilitates and even damages the brain, inhibiting you from living your fullest, most successful life. Every level of life, from career to family to your golf score, is all about higher brain networks functioning at optimum. In The End of Stress, Don Joseph Goewey brings a simple, straightforward solution that literally switches the brain's auto-pilot from habitual stress and anxiety, to one that's calm and wired for success. By utilizing the latest research in neuroscience and neuroplasticity, Goewey offers a 4-step process that has been tested through webinars and seminars in high stress environments with chief executives, managers, engineers, and even blue collar construction workers. The End of Stress gives you easy to apply tools to transcend stress and build the brain structure and chemistry to bring you your best day every day"--

**Awareness ; The Way of Love** - Anthony De Mello 2006

*One Minute Nonsense* - Anthony De Mello 2003-05

*Anthony de Mello* - Anand Nayak 2007

A biography of the late, controversial, Indian priest, with a special emphasis on the reaction of the Catholic Church to his works.

**Walking on Water** - Anthony De Mello 2014

This is a book about a path for reaching God in our own time,' says Anthony De Mello at the beginning of Walking on Water. As he moves us along that path, he blends Christian wisdom with Eastern methods of meditation and, in his own inimitable style, draws widely on stories of monks, rabbis, and soldiers, fairy tales and legends, gentle jokes and Zen sayings, along with numerous simple exercises. Fresh, lively, and absorbing, Anthony De Mello's extraordinary insights into the reality of human life, and its divine origins and destination, will come as a breath of fresh air and encouragement to everyone who seeks meaning and purpose in our turbulent world.

**Seek God Everywhere** - Anthony De Mello 2010-02-02

The Spiritual Exercises of St. Ignatius is one of the great masterpieces of the Christian canon. A series of meditations and practices that guides seekers on a journey to spiritual perfection, this manual has been used by millions of religious and lay persons alike for centuries. Now, in the first new Anthony de Mello book in more than fifteen years, the bestselling author of Awareness takes readers on an in-depth exploration of the practices of St. Ignatius and offers simple guidance and wisdom to help readers navigate the sometimes-confusing byways on the journey to God. Drawn from a series of talks de Mello gave before his untimely death in 1987, this book challenges us to achieve new levels of understanding and inner exploration, with chapters on how to hear the voice of the divine, the need for repentance, and how to ascend to love in our day-to-day life,. A must-have for fans of de Mello's work and anyone interested in learning to pray in profound and meaningful ways, Seek God Everywhere is an inspirational and practical work that will

transform your life.

No Greater Love - Mother Teresa 2010-10-04

One of the world's most recognized and loved spiritual leaders, Mother Teresa has inspired millions with her extraordinary example of compassionate and selfless work for the poor, the ill, and the outcast. Considered by many to be a saint, she was a steadfast voice of love and faith, providing immeasurable kindness and guidance to the world's downtrodden. No Greater Love is the essential wisdom of Mother Teresa — the most accessible and inspirational collection of her teachings ever published. This definitive volume features Mother Teresa on love, prayer, giving, service, poverty, forgiveness, Jesus, and more. It ends with a biography and a revealing conversation with Mother Teresa about the specific challenges and joys present in her work with the poor and the dying. No Greater Love is a passionate testament to Mother Teresa's deep hope and abiding faith in God and the world. It will bring readers into the heart of this remarkable woman, showing Mother Teresa's revolutionary vision of Christianity in its graceful, poetic simplicity. Through her own words, No Greater Love celebrates the life and work of one of the great humanitarians of our time.

**The Great Challenge** - Osho 2003

Awakening - Anthony De Mello 2009-04-22

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**A Year with Anthony De Mello** - Anthony De Mello 2022-12-06

Release your true inner self, shed society's expectations and programming, and regain your equilibrium with A Year with Anthony De Mello. This week-by-week workbook is filled with fifty-two passages and stories of De Mello's echoing wisdom, inspiring quotes from a variety of influential world-famous people, and thought-provoking journal prompts. If peace, love, and happiness are our natural states, why aren't we experiencing it? As we have grown as a people, as a society, even as individuals, we have also grown further away from that which is at our core. But it is not lost. The fountainhead of serenity and joy hides in

every human heart. It is there for any to embrace who choose to search for it. Call it God, call it grace—call it understanding, hope, or love. The answer to life's troubles, the mind's chaotic thoughts, and the heart's heavy burden is within our grasp. A Year with Anthony De Mello offers a path to those seeking a way home to what is already inside each of us. For anyone who is feeling like their life is unfulfilling, this week-by-week workbook includes fifty-two passages of De Mello's wisdom paired with inspiring quotes from influential writers, philosophers, and spiritualists from across the world, each followed by an engaging journal prompt for the reader to mindfully respond to. Wake up and see that happiness and peace are not things one must earn—they exist within us already.

Awareness - Anthony De Mello 2011-08-31

"Wisdom from one of the greatest spiritual masters of our time."—James Martin, SJ, author of Jesus: A Pilgrimage The heart of Anthony de Mello's bestselling spiritual message is awareness. Mixing Christian spirituality, Buddhist parables, Hindu breathing exercises, and psychological insight, de Mello's words of hope come together in Awareness in a grand synthesis. In short chapters for reading in quiet moments at home or at the office, he cajoles and challenges: We must leave this go-go-go world of illusion and become aware. And this only happens, he insists, by becoming alive to the needs and potential of others, whether at home or in the workplace. Here, then, is a masterful book of the spirit, challenging us to wake up in every aspect of our lives.

**Call to Love Meditations** - Anthony de Mello 1996

Taking Flight - Anthony De Mello 1990-07-01

"Both what you run from -- and what you yearn for -- are within you." -- Anthony de Mello, S.J. In the tradition of his bestselling Song of the Bird, de Mello has written these story meditations as stepping stones toward a spiritual life based on self-knowledge and understanding. This book contains over 250 stories, grouped under the themes of Prayer, Awareness, Religion, Grace, "Saints," Self, Love, and Truth. Although derived from a variety of countries and cultures, these tales share the spiritual heritage and popular humor of the entire human race. As he does so skillfully in his other books, de Mello uses the medium of the story to enable his readers to work through their problems and arrive at essential Truth. With each seemingly simple anecdote comes a lesson powerful enough to break down barriers that limit self-understanding -- which in turn fosters a better understanding of others, in all situations in life. "Even if you read the stories in this book only for the entertainment," he warns, "there is no guarantee that an occasional story will not slip through your defenses and explode when you least expect it to." Taking Flight offers a joyful, transcendental experience. De Mello pilots a spiritual journey with the skill of a true master.

The Prayer of the Frog - Anthony De Mello 1988