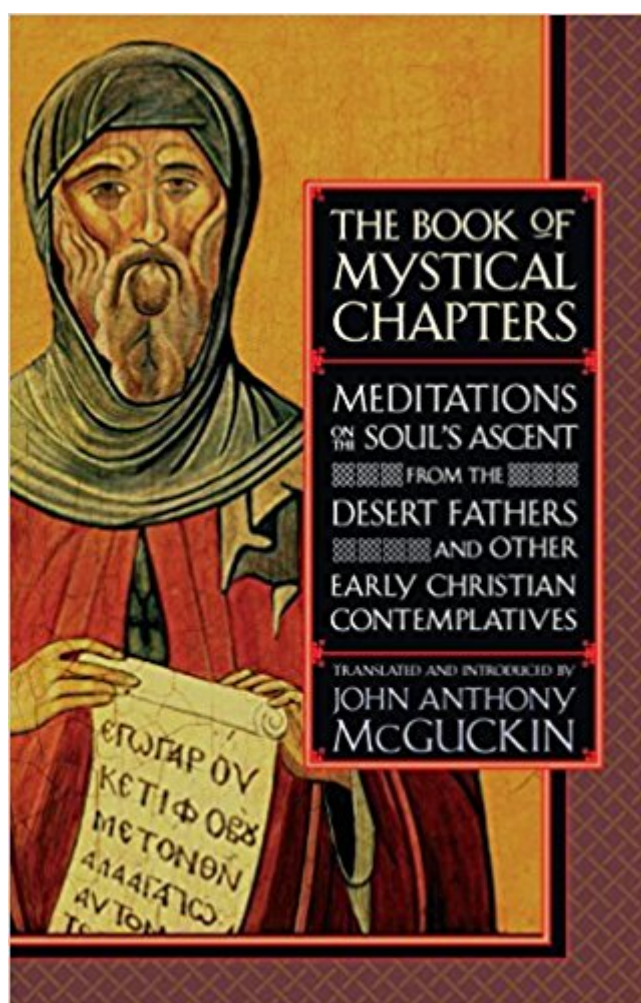


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The Book Of Mystical Chapters: Meditations On The Soul's Ascent, From The Desert Fathers And Other Early Christian Contemplatives



Synopsis

The early Christian monks of Egypt, Syria, and Palestine were the spiritual heroes of their age—fleeing the security of civilization for the desert, where they sought God in lives of prayer, contemplation, and radical simplicity. This book is a portable collection of their teachings, and those of their contemplative contemporaries, ranging from the fourth through the eleventh centuries. It is arranged to the traditional model of three ascending "books": Praktikos (practice), Theoretikos (theory), and Gnosis (knowledge). Each book consists of 100 "sentences"—aphorisms or thoughts. Each sentence is intended to be read and meditated upon for an entire day—just as the monks themselves might have done as they went about their work.

Book Information

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Customer Reviews

The Book of Mystical Chapters wants to slow you down. Its 300 brief meditations, drawn from the writings of the earliest Christian contemplatives, are meant to be read over the course of 300 days. The book's translator and editor, John Anthony McGuckin, explains that this is how early Christian pilgrims learned the wisdom of the Desert Fathers, ascending through three stages of spiritual understanding, from the practical to the transcendent. Pilgrims repeated these meditations until each one broke "like a fruit on the tongue of the monk and revealed its inner flavor to the searching mind." The Book of Mystical Chapters suggests that readers ask of each aphorism, "How have we already experienced it; how could it illuminate a truth about our own heart or the troubles of our

friends' hearts or the secret ways that God wishes to develop our seeking soul?" If you're sick of wasting time waiting at the bus stop, waiting between appointments, or waiting to go deeper in faith, maybe this is just the thing for you. --Michael Joseph Gross --This text refers to an out of print or unavailable edition of this title.

Esoteric Religion Although Shambhala usually publishes books on Eastern religions, particularly Buddhism, *The Book of Mystical Chapters: Meditations on the Soul's Ascent from the Desert Fathers and Other Early Christian Contemplatives* is a rare and well-conceived foray into Christian mysticism. Drawing from 300 short meditations by Christian mystics and contemplatives from the fourth to 11th centuries, John Anthony McGuckin's collection is arranged around themes of practice, theory and gnosis. He cautions that the book is not meant for a rapid half-hour read-through from cover to cover in one sitting, but is instead designed to be digested slowly and thoughtfully.

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Very nice compilation and extracts from the desert fathers. Great for daily wisdom reading.

I have loved reading this book. It is a book one reads slowly, for each section is a gem that one wants to ponder. The authors of the paragraphs are ancient, but the wisdom is timeless. This is not a book to read if you do not want to be challenged, but it is just the book to read if you want your soul to be fed and your life to be transformed.

The depth of spiritual knowledge in this book makes for a fascinating read.

Great book that captures the thoughts of early Christian mystics from the first century to early middle ages. It is a good reminder that the human struggle to maintain devotion to God does not change.

Excellent, but I want to read more than 'snippets' of the Desert Fathers. Am looking for cheaper books as these Classics of Western Spirituality are so pricey.

This is the rare kind of book that speaks so powerfully to the depth of your soul that you feel privileged just to have read it. You could re-read it over and over again for the rest of your life

without exhausting the spiritual wisdom contained in its pages.

outstanding. bought a copy for a close friend who likes it a lot.

great quality, as posted - delivery prompt - many thanks

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