



Wellsprings: A Book of Spiritual Exercises

By Anthony De Mello

 Download

 Read Online

 Get Print Book

Wellsprings: A Book of Spiritual Exercises By Anthony De Mello

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."

 [Download Wellsprings: A Book of Spiritual Exercises ...pdf](#)

 [Read Online Wellsprings: A Book of Spiritual Exercises ...pdf](#)

Wellsprings: A Book of Spiritual Exercises

By Anthony De Mello

Wellsprings: A Book of Spiritual Exercises By Anthony De Mello

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."

Wellsprings: A Book of Spiritual Exercises By Anthony De Mello Bibliography

- Sales Rank: #342475 in eBooks
- Published on: 2013-07-24
- Released on: 2013-07-24
- Format: Kindle eBook

 [Download Wellsprings: A Book of Spiritual Exercises ...pdf](#)

 [Read Online Wellsprings: A Book of Spiritual Exercises ...pdf](#)

Editorial Review

From the Publisher

Internationally acclaimed spiritual guide Anthony de Mello points the way toward peace of mind and inner power through simple teachings that integrate the ancient traditions of the East with the psychological and philosophical perspectives of the West.

From the Inside Flap

Internationally acclaimed spiritual guide Anthony de Mello points the way toward peace of mind and inner power through simple teachings that integrate the ancient traditions of the East with the psychological and philosophical perspectives of the West.

About the Author

Anthony deMello was a Jesuit Priest known throughout the world for his writings and spiritual conferences. He died suddenly in 1987. Among his many books are *Sadhana* and *The Song of the Bird*.

Users Review

From reader reviews:

Ruth Ward:

Here thing why this particular Wellsprings: A Book of Spiritual Exercises are different and trustworthy to be yours. First of all examining a book is good but it really depends in the content of it which is the content is as scrumptious as food or not. Wellsprings: A Book of Spiritual Exercises giving you information deeper since different ways, you can find any guide out there but there is no guide that similar with Wellsprings: A Book of Spiritual Exercises. It gives you thrill reading journey, its open up your eyes about the thing which happened in the world which is probably can be happened around you. You can easily bring everywhere like in area, café, or even in your means home by train. If you are having difficulties in bringing the printed book maybe the form of Wellsprings: A Book of Spiritual Exercises in e-book can be your choice.

Scott Ridgway:

Hey guys, do you wishes to finds a new book to see? May be the book with the title Wellsprings: A Book of Spiritual Exercises suitable to you? The book was written by well-known writer in this era. The book untitled Wellsprings: A Book of Spiritual Exercises is the one of several books which everyone read now. This book was inspired lots of people in the world. When you read this book you will enter the new dimensions that you ever know previous to. The author explained their plan in the simple way, therefore all of people can easily to be aware of the core of this guide. This book will give you a lots of information about this world now. To help you see the represented of the world in this book.

Pauline Bardwell:

Your reading 6th sense will not betray you, why because this Wellsprings: A Book of Spiritual Exercises

reserve written by well-known writer we are excited for well how to make book that may be understand by anyone who have read the book. Written in good manner for you, dripping every ideas and producing skill only for eliminate your own personal hunger then you still doubt Wellsprings: A Book of Spiritual Exercises as good book not merely by the cover but also with the content. This is one publication that can break don't ascertain book by its include, so do you still needing a different sixth sense to pick that!? Oh come on your studying sixth sense already told you so why you have to listening to one more sixth sense.

Terrie Newlin:

Beside this Wellsprings: A Book of Spiritual Exercises in your phone, it can give you a way to get more close to the new knowledge or details. The information and the knowledge you will got here is fresh from the oven so don't always be worry if you feel like an old people live in narrow commune. It is good thing to have Wellsprings: A Book of Spiritual Exercises because this book offers for you readable information. Do you at times have book but you rarely get what it's interesting features of. Oh come on, that will not happen if you have this with your hand. The Enjoyable option here cannot be questionable, including treasuring beautiful island. So do you still want to miss the item? Find this book as well as read it from currently!

Download and Read Online Wellsprings: A Book of Spiritual Exercises By Anthony De Mello #5K2Z1X6JIM8

Read Wellsprings: A Book of Spiritual Exercises By Anthony De Mello for online ebook

Wellsprings: A Book of Spiritual Exercises By Anthony De Mello Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Wellsprings: A Book of Spiritual Exercises By Anthony De Mello books to read online.

Online Wellsprings: A Book of Spiritual Exercises By Anthony De Mello ebook PDF download

Wellsprings: A Book of Spiritual Exercises By Anthony De Mello Doc

Wellsprings: A Book of Spiritual Exercises By Anthony De Mello Mobipocket

Wellsprings: A Book of Spiritual Exercises By Anthony De Mello EPub