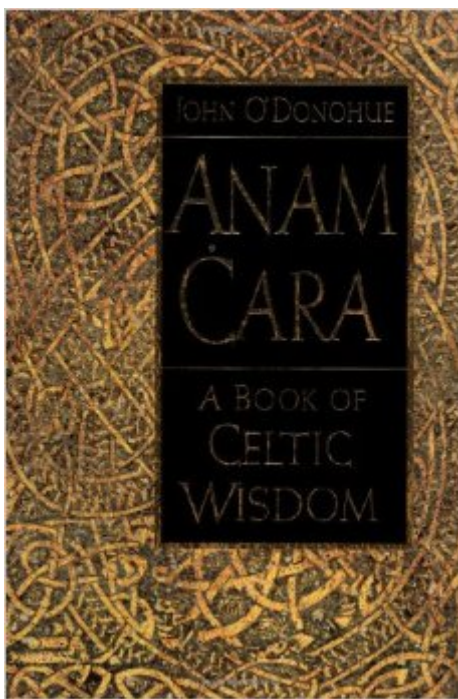


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# Anam Cara: A Book Of Celtic Wisdom



## Synopsis

When St. Patrick first came to Ireland in the 5th century A.D, he encountered the Celts, a unique race of people who found divinity all around them: in the rivers and hills, the sea and sky and in every kind of animal. Surviving to this day, the Celts' reverence for the spirit in all things, and their celebration of the continuous mysteries of everyday existence is a vibrant spiritual legacy unique in the Western world, one that has captured the imaginations of thousands of Americans rediscovering the wisdom of the past. In *Anam Cara* (Gaelic for "soul friend"), O'Donohue takes readers into a world where God's passionate side is celebrated and the Fates are not feared. Drawing on the wisdom of the Celts and their Druid shamans; the *imbis* (inspirational sagas) of the wandering bards; and the sacred fountainhead of the Christian monasteries, *Anam Cara* goes beyond traditional religious programs to provide an intuitive and truly accessible approach to spirituality. Exploring themes such as the divinity of solitude, the spirituality of the senses, the mystery of friendship, the beauty of aging and the concept of death in the Celtic tradition, it helps readers reconnect with the world around them and awaken the power hidden in their souls.

## Book Information

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## Customer Reviews

This book's best taken in small doses, a few paragraphs at a time. Each chapter's broken up into such sections, ideal for guiding meditation or inspiring reflection. It's a volume I gave away as a gift and re-purchased for myself after I read it, knowing that I'd return to its contents again and again. O'Donohue's learned much from those with whom he lives and talks and ministers, and his frequent interspersions of Celtic tradition and current Irish-language proverbs and observations attest to the

continuity of the Gaelic worldview within the larger Anglo-American hegemony that dominates our lives. One of the best recommendations for this guide is its refusal to romanticize the rural and rooted tradition's hardships as well as its comforts. The author comes from the people he writes about, and this grounding keeps his suggestions--however philosophical they may soar--concise, honest, and free of cant. The respect for the life lived under the radar and the flyover culture by those committed to the land energizes these stories. Mixing tales and legends and theology from the Irish perspective with contemporary analogies, incidents, and insights, this book somehow avoids touchy-feely simpering or wishful fairie musings. It's appropriate for those of any faith, any skeptic, or any with spiritual longing. Written by a priest, but never limited to a Christian presentation, the transparent ecumenism of the author's approach speaks to any reader wondering about the Big Questions. Humbly, eloquently, and frankly, it's like having a personal confessor or soulmate with whom you can sit and listen companionably. There's no sloganeering, no ten steps to salvation in ten minutes a day, and no assurances of glib piety.

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