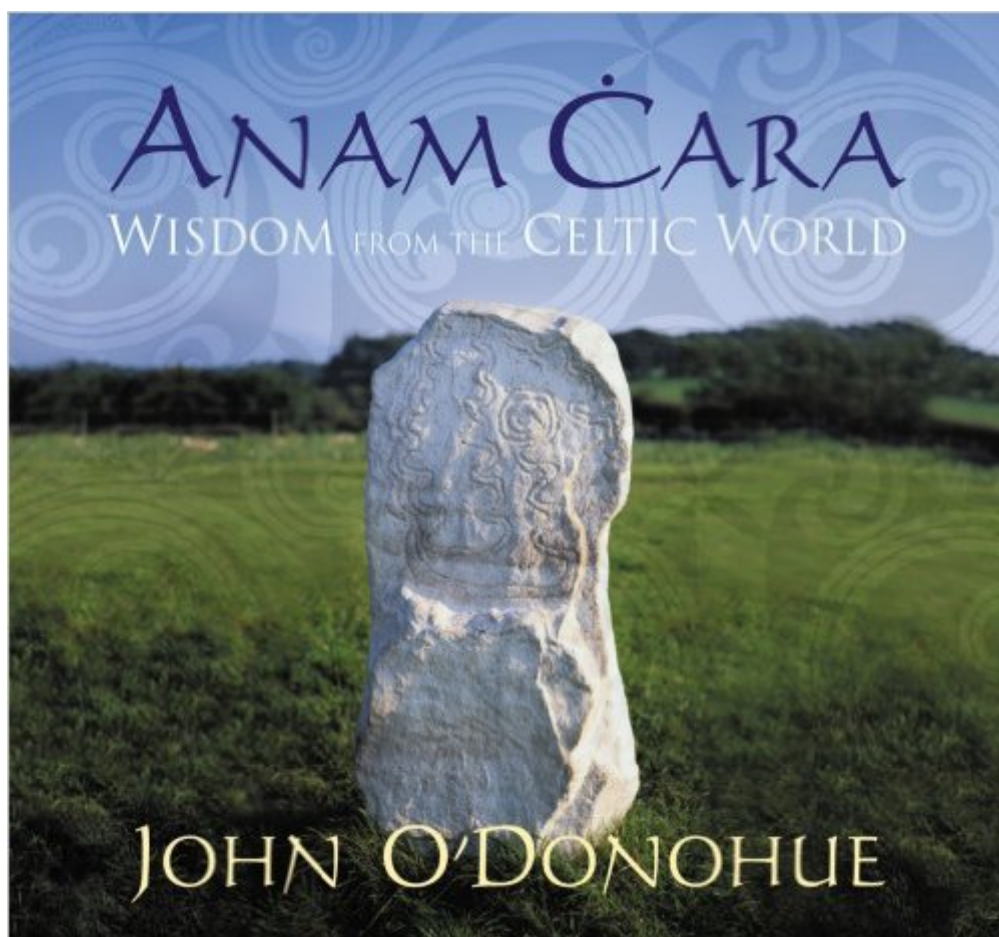


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# Anam Cara: Wisdom From The Celtic World



## Synopsis

When Saint Patrick first came to Ireland in the 5th century AD, he encountered the Celtic peopleâ with their flourishing spiritual tradition, already thousands of years old. Where the Christians worshiped one God, the Celts had manyâ and in fact, found divinity all around them: in rivers and hills, the sea and sky, and in every kind of animal. The Celtic reverence for the spirit in all things, and their celebration of the continuous mysteries of everyday existence, survive to this dayâ a vibrant spiritual legacy unique in the Western world. On Anam Cara, Irish poet and scholar John O'Donohue blends philosophy, instruction, and spiritual insight, taking you inside this remarkable spiritual synthesis. O'Donohue shares secrets from a world where the Fates are not feared, and where God's passionate side is celebrated. These secrets will help you to reconnect with the world around you and the treasures hidden within your soul. In the oral tradition so beloved of the Celts, O'Donohue shares an intuitive approach to spirituality that takes you beyond spiritual "programs" to a place where your heart can be truly nourished and healed. You will learn authentic Irish prayers and blessings; how to discover your individual nature; awakening the senses as "thresholds of the spirit"; understanding the "secret divinity" in your relationships; how the Irish "hospitality" toward death can help you become more compassionate, generous, and fearless; and much more. Tracing the cycles of life and nature, this insightful session draws from the holy waters of Ireland's spiritual heritageâ from the Celts and their Druid shamans, the imbas (inspirational sagas) of the wandering bards, and the sacred fountainhead of the Christian monasteries. Join John O'Donohue for a journey to the "island of saints and scholars" where you will discover your own Anam Caraâ "soul friend."

**Course objectives:**

- List some central beliefs of Celtic wisdom
- Compile a list of poems that offer hope and inspiration
- Recite myths and legends from Celtic history
- Discuss new perspectives on life, work and death

## Book Information

Audio CD

Publisher: Sounds True; Unabridged edition (May 1, 1996)

Language: English

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Product Dimensions: 6.9 x 1 x 6.5 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (38 customer reviews)

Best Sellers Rank: #180,218 in Books (See Top 100 in Books) #11 in Books > Books on CD > Poetry & Drama #12 in Books > Books on CD > Literature & Fiction > Poetry #55 in Books > Religion & Spirituality > New Age & Spirituality > Celtic

## Customer Reviews

If you are seeking nourishment for your soul I would highly recommend this book - it will last you a lifetime, and you will be drawn back to it time and time again. I moved to Ireland in 1991 and someone I worked with told me of a priest in Galway who was giving a series of talks that I had to go and listen to. I remember her saying - I often don't understand a word of what he is saying, but I could listen to him forever! I felt like that the first time that I heard him speak in a room with 20 other people in Galway. I was lucky enough to hear John speak on many occasions, as I live near him and sang in the choir he supported. When *Anam Cara* came out in 1997, I bought a copy immediately and read it. Again - I found an immediate resonance with some of what John was writing about, but other parts eluded me. However, as in my initial experience, even I could not fully understand the meaning of the words, their beauty enchanted me. John's expression is wonderful and his use of language profound - I had never understand nor used the words "fecund" or "penumbral" until I heard and read John using them. Yet now, their richness adds great value to the way in which I see the landscape around me. *Anam Cara, Soul Friend*, is a book that I am drawn back to time and time again. When I am troubled, I often let it fall open at a page, and it will always through out some words of solace to me. I read things differently each time I pick it up, as my understanding and awareness changes.

A beautiful book in so many ways. I've owned it for four years and I keep two copies accessible at home and in work because I often pick it up and read a random page. It always lifts my heart or touches me in some way. Everyone should own a copy. Fantastic Gift to give or receive. Applies to everyone. The Bantam Press Hardback Edition is the prettiest version. You probably won't find a brand new copy of that edition, but almost new is well worth having.

I have read John O'Donohue's work for many years, and finally decided I needed to "hear it from the master." I was never disappointed. This is a magical look at the world of the "soul friend" and how to approach your life with a focus that is love-filled and loving. I will listen to this again and again and recommend it to my soul friends.

I was first introduced to "Anam Cara" by a friend while on a trip to Ireland. I expected to love it, but at first I was a bit put off by the author's "poetic" (or perhaps "flowery," as it seemed to me at the time) style of writing... I'm used to reading more scholarly fare that follows a logical progression of thought, and this seemed more free-form and random. I put it aside, and fortunately picked it up again a year or so later. At that point I put aside my judgment and just "went with it", and found I was soon swept away. Very soon it became one of my all-time favorite spiritual books, one I return to again and again. So much comfort and wisdom is packed into these chapters, and the poetry is hauntingly beautiful. I especially liked the chapters on old age, memory, and death. Very comforting to view the spiritual world as being so near to "our" world, and our memories being held for us eternally. Especially if you are a Christian, but even if you're not, I would highly recommend this book.

It is always best to listen to this book first on audio. John O'Donohue's lilting Irish accent presented with 'caesura' allows you to be drawn into the message of Spirituality.

Everyone should become acquainted with the works of John O'Donohue. He is the most simple but gentle teacher and intriguing story teller and like a Life Coach of sorts. I have listened to most of his works several times. He is one of my favorite poets/authors. I usually like to listen to the CD's several times in a row and then every few months to refresh my memory. A person could never get bored or tired of hearing his timeless message. Joy

Celtic spirituality existed long before folks discovered the "green" movement. O'Donohue is definitely tapped into what rings so true with the Celtic approach. And his presentation is such that one could read this cover to cover or in brief snippets at a few pages a time and still find it powerful. A MUST read for anyone into spiritual direction.

Listening to John O'Donohue is sheer pleasure. He would sound wonderful reading the phone directory aloud; so actually relating the insides of his written book, Anam Cara, verbally is a beautiful experience. I was especially delighted that I was able to purchase the cd's at a reduced price. I have listened to this series several times and they become more and more imbedded in my mind each time I listen. There are pieces of poetry throughout and snippets of Celtic music. Delightful. And a fun surprise was the small flyer inside from the company that produced it: Sound True. Great website!

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