



# Wellsprings: A Book of Spiritual Exercises

By Anthony De Mello

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## 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."

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## 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

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### **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**

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### **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*.

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