



The Big Book of Christian Mysticism: The Essential Guide to Contemplative Spirituality

Carl McColman

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In popular usage, “mysticism” typically refers to New Age or Eastern forms of spirituality. However, the mystical tradition is also an important component of the Christian tradition. At its heart—and much like its expression in other faith traditions—Christian mysticism is an ancient tradition that incorporates meditation, contemplation, worship, philosophy, the quest for personal enlightenment, and the experience of Divine presence.

This volume is a comprehensive introduction and guide to Christian mysticism. It is a big book about a big possibility: the hope of achieving real, blissful, experiential union with God. Among the topics covered here are a general introduction to mysticism, the Bible and mysticism, the history and types of Christian mysticism, biographical sketches of leading Christian mystics, and practical instructions about practicing mysticism today.

This is a breathtaking work that explores a form of spirituality that has changed lives over the course of 2,000 years. Learning about Christian mysticism and how it has been articulated through the centuries will prove inspirational for today’s seekers, regardless of the faith tradition.

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Mary Stone:

Spent a free the perfect time to be fun activity to perform! A lot of people spent their down time with their family, or all their friends. Usually they doing activity like watching television, about to beach, or picnic within the park. They actually doing same thing every week. Do you feel it? Will you something different to fill your free time/ holiday? Could possibly be reading a book might be option to fill your free of charge time/ holiday. The first thing that you will ask may be what kinds of e-book that you should read. If you want to attempt look for book, may be the book untitled The Big Book of Christian Mysticism: The Essential Guide to Contemplative Spirituality can be very good book to read. May be it might be best activity to you.

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