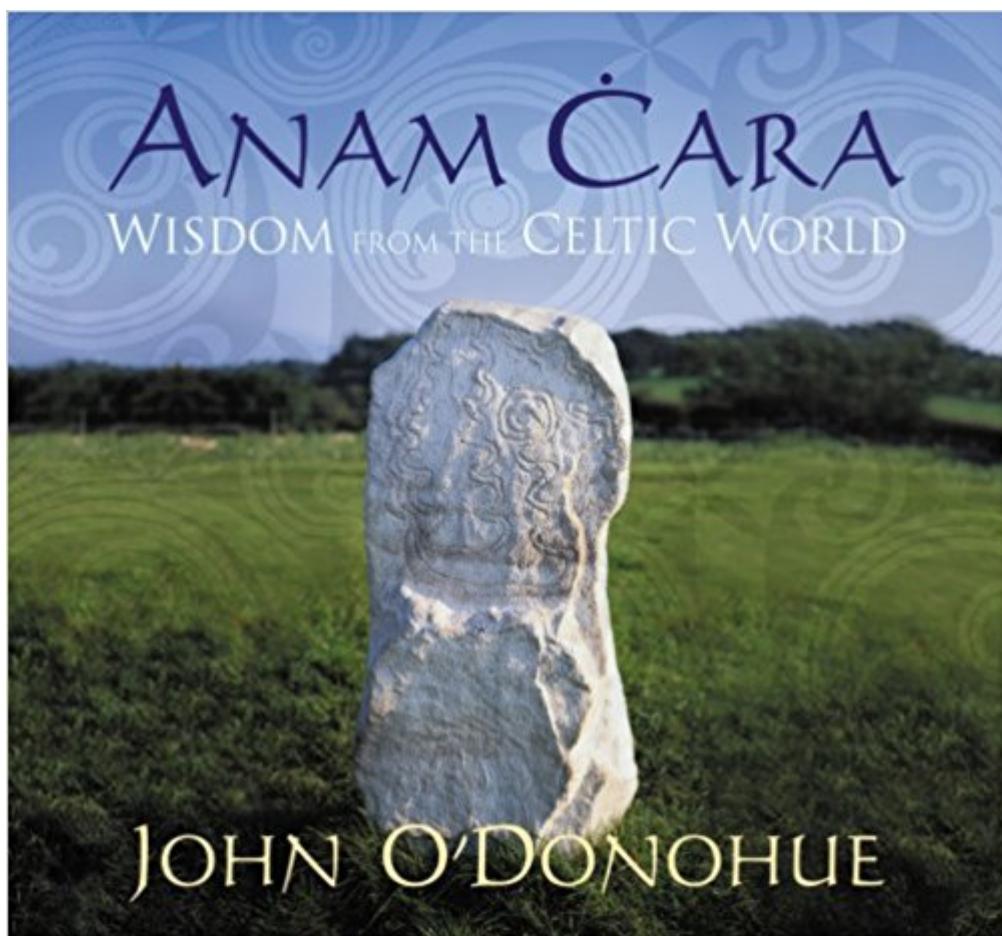


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# Anam Cara: Wisdom From The Celtic World



## 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'&#39;Donohue blends philosophy, instruction, and spiritual insight, taking you inside this remarkable spiritual synthesis. O'&#39;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'&#39;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'&#39;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

ISBN-10: 159179787X

ISBN-13: 978-1591797876

Product Dimensions: 6.9 x 1 x 6.5 inches

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

Average Customer Review: 4.9 out of 5 stars 45 customer reviews

Best Sellers Rank: #458,127 in Books (See Top 100 in Books) #20 in Books > Books on CD > Poetry & Drama #23 in Books > Books on CD > Literature & Fiction > Poetry #115 in Books > Religion & Spirituality > New Age & Spirituality > Celtic

## Customer Reviews

"A rare synthesis of philosophy, poetry and spirituality... a powerful and life-transforming experience for those who read it" -- Deepak Chopra, author of The Seven Spiritual Laws of Success "John O'Donohue is a man of the soul. His scholarly meditation on the continuing relevance of Ireland's spiritual heritage has become a publishing phenomenon... This poetic meditation has become a bestseller on both sides of the Atlantic... A lyrical prayer" The Times "Words of wisdom... a heady mixture of myth, poetry, philosophy... profound and moving" Independent "This book is a phenomenon in itself... a book to read and reread forever, its style of varied narration responds to our times" Irish Times --This text refers to an out of print or unavailable edition of this title.

John O' DonohueJohn O'Donohue (1956-2008)In early January 2008, the Sounds True family was deeply saddened by the loss of the Irish poet-philosopher John O'Donohue. John was a one-of-a-kind force of nature: a genius with words, a brilliant thinker, and a professional excavator of the soul. He will truly be missed.John O'Donohue was an Irish poet and Catholic scholar who was awarded a Ph.D. in philosophical theology from the University of Tübingen. He wrote several books including *Anam Cara*; *Air: Breath of God*; *Stone as the Tabernacle of Memory*; *Water: The Tears of the Earth*; and *Echoes of Memory*, a book of poems. John authored the Sounds True audio programs *Anam Cara*, *Beauty: The Invisible Embrace*, and *Wisdom from the Celtic World*. His final work was *To Bless the Space Between Us*, a collection of Celtic invocations and blessings.

Loved the book and it is even better to hear the late John O'Donahue read it. Was doing long, dark commutes on a bus/ferry as Fall was ending and moving into Winter in the Pacific Northwest. Had been through some painful to the extreme loss and other subject matter in reading/listening wouldn't have done what this work has for my spirit!

John O'Donohue has given us a gift of wisdom and soul understanding. His voice is my touchstone. I have been reading his writings and listening to his lyrical words for many years now. *Anam Cara* has made a wonderful gift for friends and family. The response has always been a big thank you and a remark of wish I had this sooner. Do yourself a great favor and add John O'Donohue's *Anam*

Cara to your library.

What an amazing, transforming book...an easy read with profound thoughts.

I am listening to the entire set of cd's for the second time in a two month period. I have read some of his work before; but listening to him is another whole experience. The depth of his "soul" wisdom has been profound for me. He is known best for his poetry, but it is his understanding of Celtic wisdom and his drawing from other sources that moves me most. Hearing him is so different than reading his work.

Exactly as described

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

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!

Brilliant.

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