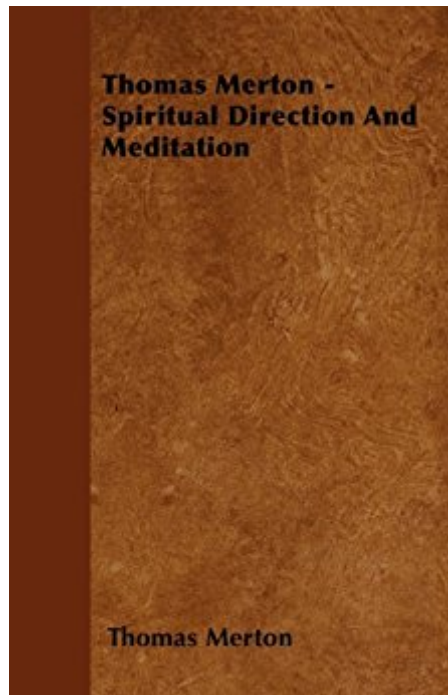




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# **Thomas Merton - Spiritual Direction And Meditation**



## Synopsis

This early work by Anglo-American Catholic writer Thomas Merton is both expensive and hard to find in its first edition. It contains a wealth of information on spiritual direction and how to learn the art of meditation. This fascinating work is thoroughly recommended for anyone with an interest in spiritual life. Many of the earliest books, particularly those dating back to the 1900s and before, are now extremely scarce. We are republishing these classic works in affordable, high quality, modern editions, using the original text and artwork.

## Book Information

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## Customer Reviews

This is the first book by Thomas Merton I have read, and I totally love it! An Augustinian priest talked to me about him when I was looking for the fundamentals of Christian meditation. I was really delighted to find them in this short book. The reading is easy to follow but the subject is profound. I recommend reading this book mindfully and reflecting deeply about what you have just read.

This is a timeless classic compendium of writings on spiritual direction and meditation. Merton takes form all traditions and helps the seeker to find God in nature and all aspects of life. It is accessible yet challenging. Although it can be used by those who see themselves as spiritual but not religious, this is a religious text with a definite point of view. God is. As we grow in this knowledge we grow into spiritual beings who are fully alive. Well worth the time needed to read and reflect to fully engage in Merton's meditation direction.

Just what the doctor ordered! In a time I needed direction in the discipline of meditation, Merton showed up. I loved it! I studied the book paragraph by paragraph in my quiet time and most of the time there was so much to contemplate - an hour a day was too short.

An early Merton classic with very sound and level headed advice not, just for Directors but for anyone interested in seeking a deeper and more authentic relationship with God. There is also a very recommendable section on Meditation and Contemplative Prayer. Merton's style is never pompous or overbearing, always friendly and helpful.

Thomas Merton is a must read for anyone on any kind of spiritual journey. While in this text he focuses on the Catholic practice and profession of spiritual direction of another. There is much to learn here for anyone interested in spirituality of any kind. I continue to learn from Merton with every read. This is no exception

A well balanced and thoughtful view of the practices of meditation and spiritual direction. Worthy thought and consideration for any Christian seeking a deeper life in the Holy Spirit

If you are just starting the journey of meditation or have practiced meditation for some time, this book is a gem.

This was a great read. Would recommend this to anyone. I feel like I connected to this amazing find. Please read.

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