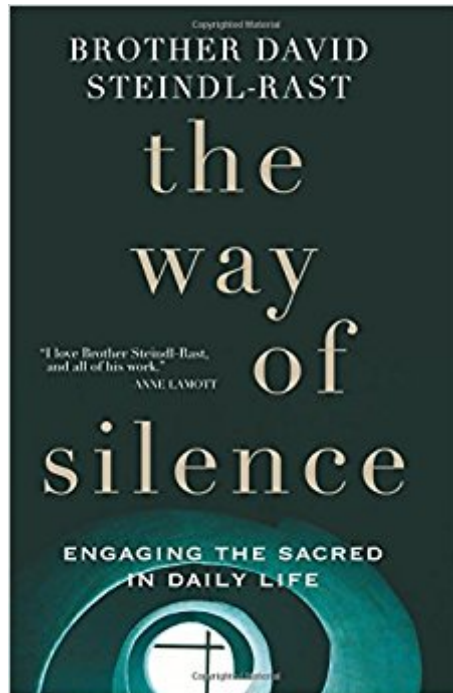




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The Way Of Silence: Engaging The Sacred In Daily Life



Synopsis

"The tranquility of order is a dynamic tranquility, the stillness of a flame burning in perfect calm, of a wheel spinning so fast that it seems to stand still. Silence in this sense is not only a quality of the environment, but primarily an attitude, an attitude of listening. ã Let us give to one another that gift of silence, so that we can listen together and listen to one another. Only in this silence will we be able to hear that gentle breath of peace, that music to which the spheres dance, that universal harmony to which we, too, hope to dance." Austrian-born Benedictine monk David Steindl-Rast is one of the most influential and beloved spiritual teachers of our time. For decades, Brother David has divided his time between periods of monastic life at the Mount Saviour Monastery in New York and extensive lecture tours on five continents. He has brought spiritual depth into the lives of countless people, whom he touches through his lectures, his workshops and his writings. Brother David was one of the first Roman Catholics to participate in Buddhist-Christian dialogue, studying under Zen teachers and building bridges between religious traditions. His newest book, *The Way of Silence*, draws heavily on Buddhist teachings to cultivate the practice of ã“deepã listening: turning away from noise and distraction, paying attention, and embracing quiet. *The Way of Silence* embraces paradox: absence versus presence in silence. Dynamic tranquility. The all-oneness of aloneness. Humbly, trusting in God, youã all practice emptying your mind in order to receive wisdom, insight, and understanding. Youã all learn to listen deeply, with a trusting heartã and youã all joyously discover a new, interior freedom that will make you feel more vibrant, and more fully alive.

Book Information

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Customer Reviews

David Steindl-Rast is an Austrian-born Benedictine monk and one of the most influential and beloved spiritual teachers of our time. He has been a monk of Mount Saviour monastery in New York since 1953, dividing his time between monastic life, writing, and worldwide lecturing. He has contributed to a wide range of books and periodicals as well as authored ten books of his own. He is the cofounder of Gratefulness.org, and he was one of the first Roman Catholics to participate in Buddhist-Christian dialogue. He has brought spiritual depth into the lives of countless people through his lectures, workshops, and bestselling books. Alicia (Ramirez de Arellano) von Stamwitz was born in Cuba and immigrated to the United States in 1960. She is an award-winning freelance author and longtime editor with the religious press. Her interviews and profiles of today's most influential spiritual leaders are published internationally. She lives in Missouri with her family. More information can be found at www.aliciavonstamwitz.com

*****This is a poignant, meditative book that I found most enjoyable to read! It is the first I've read of this author's and now I shall read more. It is a shorter book, but not a quick read, because there is so much on each page to digest. The author blends and compares the Benedictine tradition of Christianity with other religions--I would call this something that someone of any faith who is interested in contemplation would enjoy. If you are looking for a stricter, conservative Christian read, this would not be a good choice, however, because it is very open, spacious, and inclusive. I also enjoyed the author's style of writing--very skilled and poetic, lovely! Highly recommended.*****

great book on the spiritual life written in a easy to read and understand.

I love Steindl-Rast's work and subscribe to his site. This book is intended to be a gift for a wonderful friend.

This is sort of a simple and short book, rather meditation, that like so much spiritual writing takes us deeper into understanding God's order, the unity of humanity, and spiritual wisdom. Even after a lifetime of practice, I found much to absorb from this book. Seekers should have this book.

Excellent and full of good insights.

excellent copy

Love all of Br. David's writings.

Simply beautiful

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