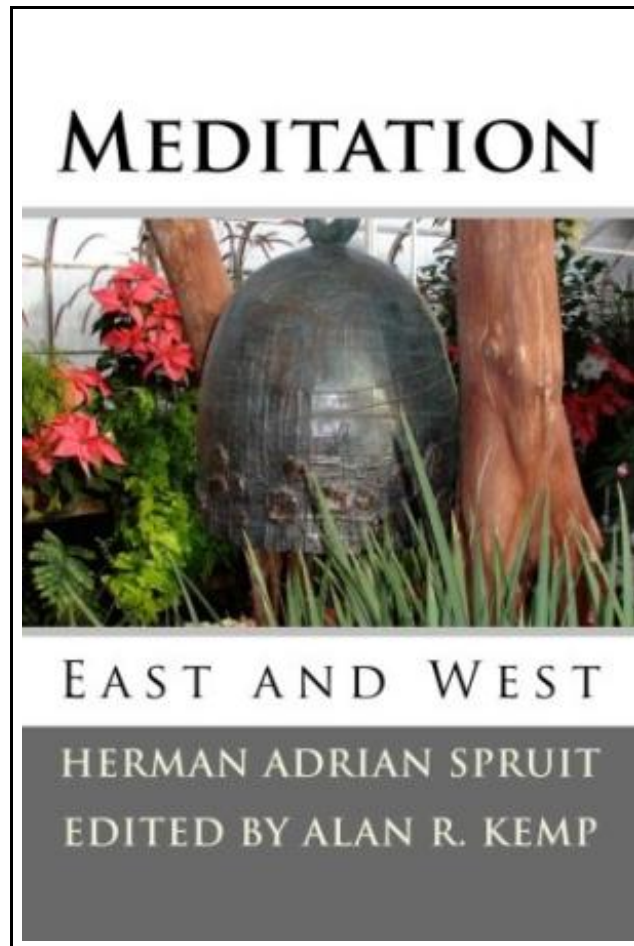


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Reviews

This written publication is wonderful. It is rally fascinating throgh reading period. I discovered this book from my dad and i suggested this publication to find out.

(Keshawn Daugherty)

MEDITATION: EAST AND WEST (PAPERBACK)



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Hermitage Desktop Press, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Herman Adrian Spruit was an uncommon visionary who appeared on the scene at a time when religion in the U.S. was firmly rooted in religious conservatism. Himself a prominent Methodist minister (indeed, he was a representative at the founding of the World Council of Churches), he would leave the comfort of his denominational home to embark on a quest. As it turns out, he became dissatisfied with mainstream Christianity at the same time in history when the country's young people were rebelling against old time religion and opening up to alternative spiritualities of all kinds, including Transcendental Meditation, Zen Buddhism, and Hare Krishna Hinduism. Himself feeling drawn by the allure of mysticism, he began by sojourning for a time with Ernest Holms and the Church of Religious Science. Then, he set out on his own to establish a new religious organization and a school for aspiring mystics. He wanted to mine the gold of Christian tradition, encourage sojourners to think for themselves, and seek Truth wherever it could be found. For those interested in mastering the practice, the author shares tips on how to meditate using a variety of techniques, East and West. Going more deeply, however, the seeker may find that he provides the kind of sage advice that can only come from an experienced traveller.



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