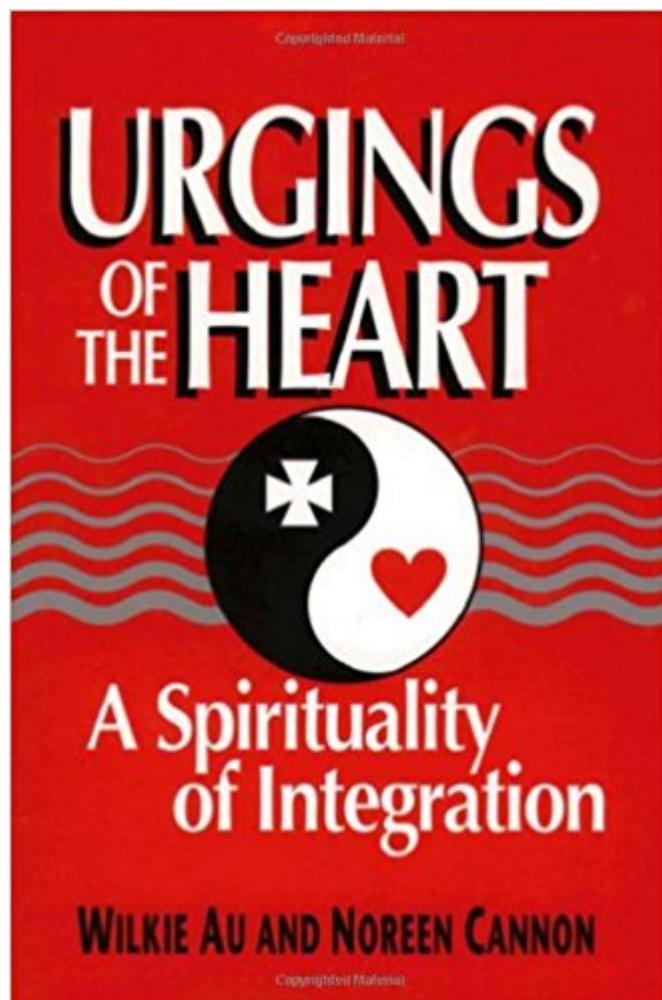


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# Urgings Of The Heart: A Spirituality Of Integration



## **Synopsis**

Using stories and images, the authors blend the best of spirituality and psychology to help the reader live in peace with self, others and God.

## **Book Information**

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## **Customer Reviews**

The day of Easter Vigil, before confirmation, we were required to spend 4 hours of prayer time by ourselves. We could go anywhere on the grounds. I did a little snooping and found a priest's office that had a bookshelf. Here was *Urgings of the Heart* sitting on the shelf. I took it down and began to read. This book is so awesome. I went out and bought it myself. I'm on the last chapter, but, it's so good and gives good insight on myself (the side I normally and typically dislike) as well as those qualities in others that are unlikeable, however, able to be dealt with issues and qualities. As I'm reading this book, I'm like **WOW!!!!** That is me, I never realized it. People tend to hate themselves for whom they are or whom they think they are. They try and avoid it, but, this book gives you an understanding of how to handle those areas about oneself that is undesirable and how it can be beneficial to one's personal growth. The bottom line is, the book is really good. I've enjoyed it and highlighted a lot of it. I've learned a lot about my fiance too. She fits a lot of the descriptions of the "shadow" as it is described in the book. I also got the book called "By Way of the Heart" by Wilkie Au.

I read this book while I was on a silent retreat seeking to connect deeply with God. My spiritual

director handed me this book to meditate on the issues of my life. I laughed and cried while reading, to say it touched me is an understatement. Indeed, I felt God's loving embrace in these words and had renewed my Faith. It got me in touch with my inner peace and joy by reminding me to embrace myself wholly. I have bought many copies to share with many dear friends. I wish to share that I am not a Christian in the usual sense of the word. However, at last, I have found a book that reveals so much Wisdom and Compassion through the Christian faith and further reminded me of the experience of my spiritual encounters. Thus, I recommend it as a most life-affirming book whatever a person's spiritual beliefs might be especially in these times of frightening aggression done in the name of God (by whatever name one calls Him/Her).

Dr. Au is my professor and I had first hand experience in being lectured on the book by the man himself. He is truly and amazing writer and a man in touch with his spirituality. His book and his class had allowed me explore my faith and overall develop a spiritual relationship with God that is right for me. I recommend this book for anyone who is in need of guidance or who admires a well expressed book from a knowledgeable man.

I have used this book, on a Spirituality of Integration, for group spiritual direction. Though some participants say it is difficult for them, it proves to be an extremely helpful instrument for both assessing one's "blocks" to growth and for discovering ways to be healed and move ahead toward integration. A very intelligent, insightful, compassionate, prayerful study. It has been a companion for me, in my service as a spiritual director and mentor. Cecilia A Ranger, SNJM, PhD

Integration of anything is difficult. Drawing from both Christian and Eastern spiritual practices the authors create a gentle path for furthering anyone's spiritual journey.

It brings psychology to the front while speaking quite knowledgeably on spirituality. Well written and documented. Worthy of consideration.

Grreat book. fast shipping

A great book

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