



The Spiritual Wisdom of Anthony de Mello

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Anthony de Mello was a Jesuit priest from India. He fuses spiritual ideas from many religions in a way that makes them accessible to readers. This book is in the form of a lecture at a retreat and it deals with the notion that we walk through life in a kind of sleep that prevents us from achieving a real connection to God and to ourselves.

This book contains the following lectures:

On Waking Up
Will I Be Of Help To You?
On The Proper Kind Of Selfishness
On Wanting Happiness
Are We Talking About Psychology In This Spirituality Course?
Neither Is Renunciation The Solution
Listen And Unlearn
What's On Your Mind?
Good Bad Or Lucky
Our Illusion About Others
Self-Observation
Awareness Without Evaluating Everything
The Illusion Of Rewards
Finding Yourself
Stripping Down To The 'I'
Negative Feelings Toward Others
On Dependence
How Happiness Happens
Fear The Root Of Violence
Awareness And Contact With Reality
Good Religion -The Antithesis Of Unawareness
Labels
Obstacles To Happiness
Four Steps To Wisdom
All's Right With The World
Sleepwalking
Change As Greed
A Changed Person
Arriving At Silence
Losing The Rat Race
Permanent Worth
Desire, Not Preference
Clinging To Illusion
Hugging Memories
Getting Concrete
At A Loss For Words

Cultural Conditioning
Filtered Reality
Detachment
Addictive Love
More Words
Hidden Agendas
Giving In
Assorted Landmines
The Death Of Me
Insight And Understanding
Not Pushing It
Getting Real
Assorted Images
Saying Nothing About Love
Losing Control
Listening To Life
The End Of Analysis
Dead Ahead
The Land Of Love

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