



Wellsprings: A Book of Spiritual Exercises

Anthony De Mello

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One of the most important inspirational writers of our time, and an internationally acclaimed spiritual guide, Anthony de Mello here presents a way toward peace of mind, inner power, and joy through simple spiritual exercises that blend the ancient traditions of the East with the psychological and philosophical perspectives of the West. *Wellsprings* is intended to guide us to a deeper appreciation of the physical and mystical realms within us.

In these pages, numerous aspects of self-awareness are explored that for many people are often left uncultivated in the rapid pace of modern life. In the tradition of the great spiritual leaders of the past, de Mello directs the *whole* person toward a state of harmony and grace -- in heart and mind, body and soul. This book's great insights into our universal spiritual yearnings have had tremendous resonance the world over, and its simple lessons of the spirit have touched the lives of millions.

Wellsprings is indeed a book for everyone who thirsts for inner growth -- regardless of age, religion, or cultural background. If read carefully, its exercises will lead from mind to body, from thought to fantasy and feeling. It is then that we are both freed and empowered, awakened to reality and our real selves. For, as the teacher explains, "in solitude your self is given back to you."

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