



Anam Cara: Spiritual Wisdom from the Celtic World

John O'Donohue

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In this text, the author uses the Celtic vision of life as a means to examine the landscape of the soul.

Informed by the Celtic mystical tradition "Anam Cara" (which means soul friend) re-examines the contemporary perception of spirituality and argues that instead of seeking to satisfy our spiritual hunger on an everlasting journey of exploration that will uncover every riddle, every mystery, we should seek to gain an understanding that the soul lies within us always. It is ever present and ever ready to dispense peace and wisdom to enhance our life experience. Using the ancient Celtic reverence for the spirit of all things and the celebration of the continuous mysteries of everyday existence which survive to this day. O'Donohue traces the cycle of life and nature, shares secrets from a world where the Fates are not feared, blending philosophy, instruction, and spiritual insight.



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