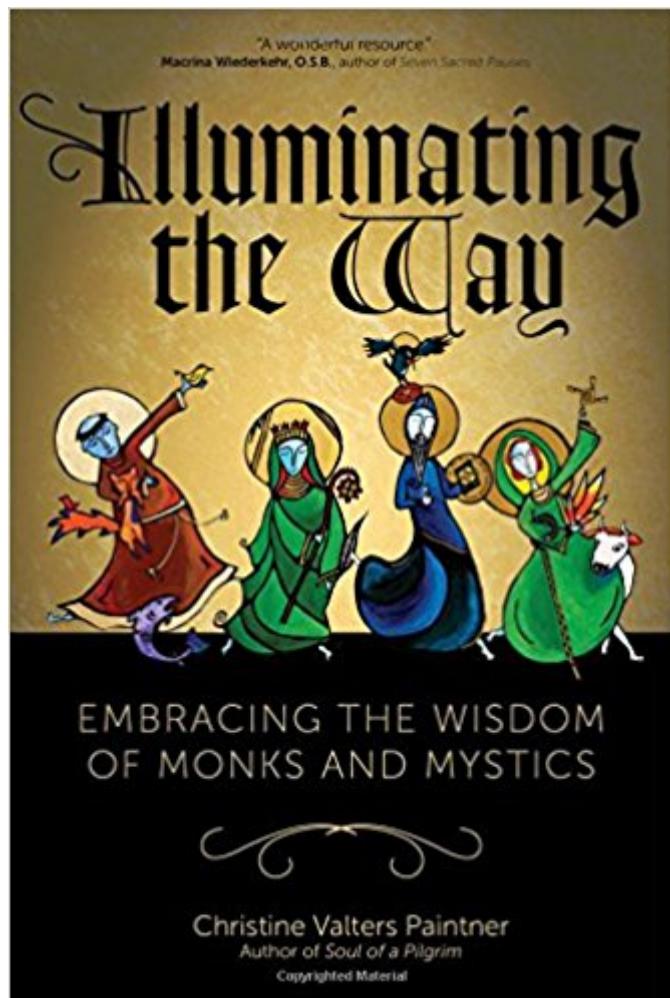


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Illuminating The Way: Embracing The Wisdom Of Monks And Mystics



Synopsis

Popular author of eight books and abbess of the online retreat center Abbey of the Arts, Christine Valters Paintner explores how the lives and spirituality of twelve monks and mystics offer distinct patterns of thought that will lead you to a deeper understanding of your strengths and areas of growth and will guide you on the path to your true spiritual identity. In *Illuminating the Way*, Christine Valters Paintner takes you on a journey through your inner life accompanied by twelve great monks and mystics from the Christian tradition. Each figure invites you to discover the energy and potential of a particular archetype--the inner sage in Benedict; the inner visionary in Hildegard of Bingen; and the inner orphan in Dorothy Day. From the prophet Miriam of the Hebrew scriptures to twentieth century monk Thomas Merton, Paintner offers an array of challenging and enlivening models to explore. Paintner is beloved by readers for her creative practices, guided meditations, and beautiful prayers and poems, and she has included all of these elements in her new book to further explore the image associated with each mystic. Her insightful reflections on key selections of each mystic's writings will help you gain greater self-knowledge and experience a deeper encounter with God. Each chapter also includes a full-color painting of each monk or mystic by Marcy Hall with commentary by Paintner and scripture passages and mediations by Paintner's husband, John. Supplemental materials, including a CD with music, a DVD with movement prayers, and a book that includes images, poems, and music notations are available on Paintner's website AbbeyoftheArts.com.

Book Information

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Customer Reviews

I have just begun reading the Kindle version of Christine's new book. I am impressed with the way in which the depth psychology of Carl Jung is explained with such clarity and how the archetypes of Jung's analytic psychology are interwoven with the lives of certain monks and mystics throughout the book. I plan to use the book as the source of a study with older residents at the retirement community where I am a chaplain. Another strength of this work is the explanation and application of lectio divina to enable an understanding of Jungian archetypes in our lives. This book is a valuable contribution to our spiritual and psychological development.

Another wonderful book from Christine Valters Paintner! In her thoughtful, encouraging way, Christine invites us to explore the archetypes within ourselves while finding company with the saints across the ages. Like her other books on the spiritual pilgrimage, this newest offering is accessible to the spiritually curious regardless of their level of training or experience, and it provides a rich variety of practical yet creative ways to engage the material.

A delightful and illuminating look at archetypes. Helpful for embracing the parts of myself I tend to ignore or keep in the shadows. A book to be moved through slowly with practices included to help accept you whole self.

I am enjoying the book and journey through the archetypes beginning with St. Francis, Holy Fool. Would recommend this to artist contemplative modern day monks.

The stories behind the illuminated artwork were interesting, but unfortunately I found the rest a little hard to read - I think if one is into meditation and prayer this would be a fabulous book to read and follow the steps to heal life, but for me it did not appeal. This book was provided to me in return for a honest and unbiased review.

It incorporates creativity with the spiritual and by using the archetypes allows psychology to have it's true place in the spiritual journey. A great tool .

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