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Practical Mysticism: A Little Book For Normal People

Evelyn Underhill

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On love, perception and the rarest of all human states, that of mystical illumination.

"God gives without stint all that the creature needs, but it must do its part. He gives the wheat: we must reap and grind and bake it." -Evelyn Underhill

This is a book for the modern-day seeker, a 'How-To' book with a bare-bones description of the techniques that lead to spiritual illumination and poetic insight; a no-nonsense guide shorn of any form of dogma, tradition, sectarianism or appeals to authority. Evelyn Underhill writes with conviction and clarity, leading the reader through such seemingly weighty concepts as contemplation, perception, concentration and surrender of the Self, while leavening the whole with welcome notes of humour and irony. This is an easy book to read and understand, and while the application of its principles may prove harder to accomplish, diligent application of Evelyn Underhill's guidance and advice will unfailingly produce a multitude of blessings. Originally published in 1914, this book brings up the interesting theory that we are all able to 'tap' into our spiritual powers and may enhance our lives if we do so. 'The spiritual life is not a special career, involving abstraction from the world of things. It is a part of every man's life and until he has realized it he is not a complete human being, has not entered into possession of all his powers.' Contents Include: What is Mysticism? The World of Reality The Preparation of the Mystic Meditation and Recollection Self-Adjustment Love and Will The First Form of Contemplation The Second Form of Contemplation The Third Form of Contemplation The Mystical Life.

British poet and mystic Evelyn Underhill shows herself to be one of the most authoritative modern voices on mysticism. Written on the eve of World War I, Practical Mysticism reviews the works of the greatest Western mystics, including Teresa of Avila, Julian of Norwich, and Thomas à Kempis. Underhill’s goal is to guide her readers on a journey toward mystical consciousness, to teach them to see the eternal beauty beyond and beneath apparent ruthlessness.

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