Anam Cara: A Book Of Celtic Wisdom

John O'Donohue

In Anam Cara, Gaelic for "soul friend," the ancient teachings, stories, and blessings of Celtic wisdom provide such profound insights on the universal themes of friendship, solitude, love, and death as:

- Light is generous
- The human heart is never completely born
- Love as ancient recognition
- The body is the angel of the soul
- Solitude is luminous
- Beauty likes neglected places
- The passionate heart never ages
- To benatural is to be holy
- Silence is the sister of the divine
- Death as an invitation to freedom.

Anam Cara: Spiritual Wisdom from the Celtic World. John O'Donohue. 4.7 out of 5 stars 128.

He is the author of several works, including a book on the philosophy of Hegel, Person als Vermittlung; two collections of poetry, Echoes of Memory and Conamara Blues; and two international bestsellers, Anam Cara and Eternal Echoes. He lectures and holds workshops in Europe and America, and is currently researching a book on the philosophical mysticism of Meister Eckhart. He lives in Ireland.