



# Heart of the Enlightened: A Book of Story Meditations

By Anthony De Mello

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**Heart of the Enlightened: A Book of Story Meditations** By Anthony De Mello

**"Said the river to the seeker: 'Does one really have to fret about enlightenment? No matter which way I turn, I'm homeward bound.'" -- Anthony de Mello**

We are like bears pacing in a cage, Anthony de Mello says. Even if the cage is removed, we keep pacing in the same timid limits. We are afraid to get out. And we think that the only way out is by endless striving and thinking.

But this profound healer and spiritual master shows us another way. *The Heart of the Enlightened*, the sequel to the highly successful *Taking Flight*, contains more than two hundred of de Mello's favorite stories. Whether Buddhist tales, Hindu fables, Islamic sayings, or Christian parables, the stories de Mello has chosen are sure to seep through to the heart. They touch on relationships, human nature, service, spirituality, and enlightenment. These are stories to be read slowly and savored. They are the key to liberating us from all that would pen us in.

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From the Publisher

This sequel to the popular *Taking Flight* illuminates the higher levels of self-awareness that come from seeing ourselves as truly free.

From the Inside Flap

This sequel to the popular "Taking Flight illuminates the higher levels of self-awareness that come from seeing ourselves as truly free.

About the Author

Anthony De Mello was a Jesuit priest known throughout the world for his writings and spiritual conferences. He died suddenly in 1987. Among his many books are *Sadhana* and *The Song of the Bird*.

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**From reader reviews:**

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