



The Inner Way: A mystic anthology of songpoems, stories, reflections

Anthea Guinness

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THE INNER WAY is a collection of mystic songpoems, stories and quotations that tell the story of mystic exploration. Lively, readable and moving, the anthology highlights seven aspects of the path of devotion - and presents selections from the north Indian mystics while interweaving stories and reflections from many other traditions. More than one hundred mystics are quoted – ancient, medieval and contemporary – but the hallmark of this collection is that it bridges both time and traditions. All the selections flow naturally, like a conversation - with contemporary stories, medieval songpoems and ancient sayings responding back and forth, harmoniously and at times unexpectedly, from page to page. These pieces are gems! As we delve into them, we may catch a glimpse of the mystics' ever-present sense of humor and we may be touched by their pain, their compassion or their joy. But at the end of the day we are likely to come away more in tune with ourself, thanks to our encounter with these great human beings. At heart, most of us will identify with these lovers of the inner mysteries - this ancient lineage of people everywhere who, like us, seek more light, more love, more inner understanding. • “A beautiful collection of unusual stories, inspiring poetry and fresh translations of ancient texts... By turns evocative, startling, deeply moving and delightful... I open this book and so often am moved to tears: it touches that deep place of yearning within.” INNER WAY, responses • “As human beings we have a unique capacity: to expand our consciousness to its infinite potential. The mystics do not say this is easy. But they assure us it is possible...” INNER WAY, introduction • A taste from more than 100 mystics... Juan de la Cruz: “On a night of darkness, enflamed by love and yearning – O happy chance! – I slipped away undetected, my house at last grown still...” Shiv Dayal Singh: “What a night! What an incredible, amazing night. I’m longing to tell someone – but who will know what I’m talking about? I saw, I tasted, the Root...” Namdev: “When I see him, I sing – that’s how this nothing of a slave became tranquil, patient: when you meet the radiance of the true master, you merge in song...” Chuang-tse: “The purpose of words is to convey ideas. When the ideas are grasped, the words are forgotten. Where can I find a man who has forgotten words? He is the one I would like to talk to!” INNER WAY, excerpts

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