



Practical Mysticism; and, Abba: Meditations on the Lord's Prayer

Evelyn Underhill, Carol Zaleski (Preface by)

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"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

In these two classics, 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." **Abba**, first published in 1940, takes as its starting point the seven phrases of the Lord's Prayer, using them as a means to propel the self toward union with God. In these important works, Underhill brings an often esoteric subject onto a practical footing, showing that the profound gifts of mysticism are not only for the few but are within reach of us all.

Practical Mysticism; and, Abba: Meditations on the Lord's Prayer Details

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David Mullens says

At times I struggle with the writing style of Evelyn Underhill. At times there are very long and descriptive paragraphs. Yet, I'm glad I stuck with it. There is a wealth of insight into living an active life and still having a strong inner life.

Catherine Corman says

You have long been like a child tearing up the petals of flowers in order to make a mosaic on the garden path; and the results of this murderous diligence you mistook for a knowledge of the world

-Evelyn Underhill, Practical Mysticism

James says

I keep this one on my Kindle so I can read it randomly.

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Clear, concise, articulate, heady, and cerebral. This is a fine supplement to those interested in the mystic realm of spirituality, especially those comfortable with the Christian method. Too often, many books of this nature are "floaty" and seem to dance around the point they mean to make. Underhill's strength is her intellectual gift with language. It is also fused with real spirit and inspiration. I would recommend accompanying this book with something like, "Grist for the Mill" by Ram Dass, which resonates more with the "heart-mind" rather than the "cerebral-mind", as this does.

Joseph Dunn says

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Brian Wilcox says

Superb treatment; one of best writers I've read, able to write in nontechnical language of profound truths of Grace.
