



Mystic Mountain: The Ascent to Love

John R. Sack

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Mystic Mountain shows how the current elder explosion has opened a door to unparalleled soul work, the wisdom that comes with age. In clear, nonacademic language John Sack seeks to stir the boundless spirit, the miracle of transformation, dormant in each of us. For those fast upon their wisdom years, yearning to live as closet or cloistered contemplatives, he lights the mystic path as it shines through the larger journey from birth to return. The general reader will gain a profound introduction to the mystic way. Those already en route as beginners or proficient will find here a practical guide through rising levels of awareness. The author draws on wisdom traditions worldwide, from Sufi to Sikh, Shaman to Christian, Buddhist to Hindu, Jewish to Jain, piecing into one the fragmented shards held by each while leading readers through a rich range of spiritual masters. He writes as well from his own experience as a Trappist monk and Hindu yogi. Some Reader Feedback: I am reading the John Sack book you gave me and find it to be the best thing I have read in months and months. He has a profound understanding of mysticism and mystical prayer. Ray S., Wisconsin John, just wanted to let you know... This morning, Jan told me that the joy she holds in her heart everyday is knowing that at the end of the day, when she gets her jammies on and slips into bed, she can immerse herself in your book. Lorie B., Oregon

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