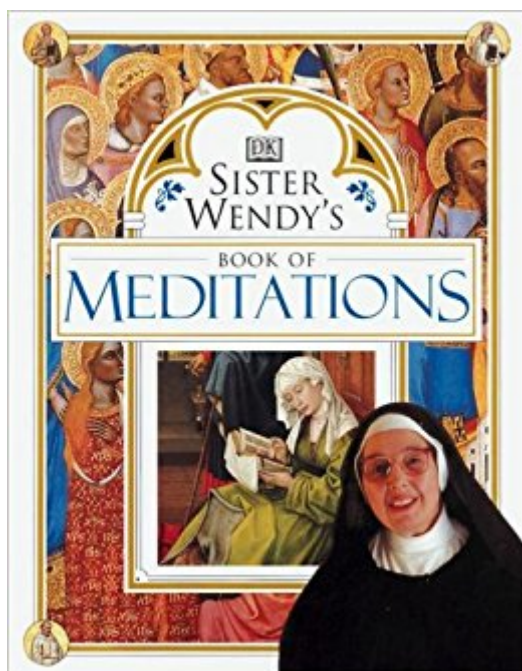


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# Sister Wendy's Book Of Meditations



## Synopsis

In this inspirational book Sister Wendy draws on her years of silent contemplation to share her unique wisdom and personal insights into the blessings and inner calm that can be Silence, Love, Joy, and Peace. Inspired by the profound spiritual power of great art, Sister Wendy uses artwork and the themes Silence, Love, Joy, and Peace to show how to achieve a positive state of calm contemplation. Inspirational and informative, this is the perfect companion on the journey of self--discovery.

## Book Information

Hardcover: 160 pages

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Shipping Weight: 1.2 pounds

Average Customer Review: 4.5 out of 5 stars 15 customer reviews

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## Customer Reviews

Public television celebrity Sister Wendy (*The Mystery of Love: Saints in Art Through the Centuries*) presents another sampling of the world's most famous artwork to illustrate the top four themes of meditation: silence, love, joy, and peace. As a contemplative nun, Wendy Beckett brings an aura of humility and respect to her plainspoken observations. The fact that she can also offer a truly enlightening spiritual context for any and every piece of art makes her one of the most beloved art commentators of our time. For example, Katsushika Hokusai's *The Great Wave* (a foaming tsunami about to collapse upon two crews of men cowering in rowboats) is examined through Sister Wendy's lens of peace. "We cannot control our lives," she writes about the treacherous wave. "As Hokusai shows so memorably, the great wave is in waiting for any boat.... The worst is not that we may be overwhelmed by disaster, but to fail to live by principle." Later, Sister Wendy offers Claude Monet's blazing canvas of overflowing *White Clematis* as a study of joy: "Joy is too great to be

experienced. It is never our own, never within our power. It is rather that we are taken up in its vastness.... Monet's white clematis say something of this, if only in its impression of a vision too vast for the encompassing." --Gail Hudson

"A nice gift book as well as an easy introduction to art appreciation for the novice." -- Dallas Morning News  
"Through this book, readers will gain a deeper appreciation of art and a fuller understanding of the spiritual benefits of meditation. As always, Sister Wendy's observations are inspirational and informative." -- Chattanooga Free Press  
A nice gift book as well as an easy introduction to art appreciation for the novice. -- Dallas Morning News

The book is in good shape I always wanted it and I am glad I got. Thanks

Fine book uniting art and prayer

Not what I thought it would be.

great book,i enjoyed it,even though im a atheist

A beautiful find-hours needed to meditate upon. Links the spiritual thoughts with an enlightening art lesson on selected painting by Sr. Wendy

Sister Wendy gives a unique perspective to life by focusing our attention on a detail in a painting. By the use of famous or not so famous paintings, she brings a spirituality to life that allows us to 'see' the painting through another lens of life. The book has been around for awhile (1998) but I periodically return to it whenever I begin to question this whole faith issue. Sister Wendy's writing is concise and beautiful - like a visit from an old friend - her words are always welcome. As she states in her musing on the painting entitled "Baby in Red Chair" - "...one of the marks of joy: its absolute belief in what is experienced.". Her short paragraphs are always a mark of joy to be experienced.

Her meditations help up listen to God. Then to pray to God. She is awesome. I would highly recommend this book.

I received a dirty, used copy of this book - a discarded library book I suspect was stolen as there

was no stamp in it that said it had been permanently checked out. I will not buy from this buyer again and am disappointed a more accurate description of this book was not given. I felt ripped off. However, the book itself is a lovely one and I highly recommend it to anyone who enjoys art and spirituality. Sister Wendy combines these two things masterfully. You get a lot of tips on how to live, love and approach life, all useful things which you can contemplate by looking at gorgeous art.

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