Anam Cara: A Book Of Celtic Wisdom

John O'Donohue

Anam Cara is a phrase that refers to the Celtic concept of the "soul friend" in religion and spirituality. The phrase is an anglicization of the Irish word anamchara, anam meaning "soul" and cara meaning "friend". The term was popularized by Irish author John O'Donohue in his 1997 book Anam Cara: A Book of Celtic Wisdom about Celtic spirituality. In the Celtic tradition "soul friends" are considered an essential and integral part of spiritual development. The Martyrology of Óengus recounts an incident
At a birthday party for a mutual friend, I met Len Daley. After we talked for a while, he said he was reading a book entitled Anam Cara. As a member of a small group at the time that we called Anam Caras, which is a Celtic word for "soul friends," I expressed an interest in finding out more about this book. He had his reading copy with him and showed it to me. When he handed it to me, the book flopped open to an ancient Celtic poem about a cat named Pangur Bán and his friend, a writer. In Anam Cara, Gaelic for "soul friend," the ancient teachings, stories, and blessings of Celtic wisdom provide such profound insights on the universal themes of friendship, solitude, love, and death as: Light is generous. The human heart is never completely born. Love as ancient recognition. The body is the angel of the soul. Solitude is luminous. Beauty likes neglected places.

You can write a book review and share your experiences. Other readers will always be interested in your opinion of the books you've read. Whether you've loved the book or not, if you give your honest and detailed thoughts then people will find new books that are right for them. 1. Dark Winter: How the Sun Is Causing a 30-Year Cold Spell. Anam Cara: A Book of Celtic Wisdom. by John O'Donohue. Ratings: 256 pages4 hours. Summary. Discover the Celtic Circle of Belonging. John O'Donohue, poet, philosopher, and scholar, guides you through the spiritual landscape of the Irish imagination. In Anam Cara, Gaelic for "soul friend," the ancient teachings, stories, and blessings of Celtic wisdom provide such profound insights on the universal themes of friendship, solitude, love, and death as: Light is generous. The human heart is never completely born.