



PRACTICAL MYSTICISM: A Little Book for Normal People

Evelyn Underhill

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The visionary is a mystic when his vision mediates to him an actuality beyond the reach of his senses. The philosophy is a mystic when he passes beyond thought to the pure apprehensive of truth. The active man is a mystic when he knows his actions to be a part of a greater activity. Blake, Plotinus, Joan of Arc, and John of the Cross-there is a link which binds all these together: but if he is to make use of it, the inquirer must find that link for himself.

-from "Chapter I: What Is Mysticism?"

A mystic herself, Christian philosopher Evelyn Underhill reintroduced British Protestants to the mysteries and wonders of medieval Christian spirituality through her many works exploring and celebrating the sacred. Here, she lead readers through "practical" concepts of mysticism that are no mere spiritual playthings but concrete and useful lessons for coping with the hardships and stresses of the modern world.

First published in Britain in 1914, just as England was thrown into the turmoil of the Great War, this serene, contemplative little work is as refreshing today as it must have been then, a reminder of the joys and benefits of the examined life even amidst a world in chaos.

OF INTEREST TO: students of Christian theology, seekers after wisdom

AUTHOR BIO:

British writer of prose and poetry EVELYN UNDERHILL (1875-1941) was a fellow of King's College for Women and King's College, and was the first woman to lecture to the clergy in the Church of England.

Through her radio appearances and her stint as editor of the political magazine The Spectator, she was a familiar voice in British public life between the wars. She is the author of more than 30 books (some under the pseudonym John Cordelier), including Concerning the Inner Life and Radiance: A Spiritual Memoir.

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