
Awareness Anthony De Mello

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The Spiritual Wisdom of Anthony de Mello *Jazzybee Verlag*

Anthony de Mello was a Jesuit priest from India. He fuses spiritual ideas from many religions in a way that makes them accessible to readers. This book is in the form of a lecture at a retreat and it deals with the notion that we walk through life in a kind of sleep that prevents us from achieving a real connection to God and to ourselves. This book contains the following lectures: On Waking Up Will I Be Of Help To You? On The Proper Kind Of Selfishness On

Wanting Happiness Are We Talking About Psychology In This Spirituality Course? Neither Is Renunciation The Solution Listen And Unlearn What's On Your Mind? Good Bad Or Lucky Our Illusion About Others Self-Observation Awareness Without Evaluating Everything The Illusion Of Rewards Finding Yourself Stripping Down To The 'I' Negative Feelings Toward Others On Dependence How Happiness Happens Fear The Root Of Violence Awareness And Contact With Reality Good Religion -The Antithesis Of Unawareness Labels Obstacles To Happiness Four Steps To Wisdom All's Right With The World Sleepwalking Change As Greed A Changed Person Arriving At Silence Losing The Rat Race Permanent Worth Desire, Not Preference Clinging To Illusion Hugging Memories Getting Concrete At A Loss For Words Cultural Conditioning Filtered Reality Detachment Addictive Love More Words Hidden Agendas Giving In Assorted Landmines The Death Of Me Insight And Understanding Not Pushing It Getting Real Assorted Images Saying Nothing About Love Losing Control Listening To Life The End Of Analysis Dead Ahead The Land Of Love

Awareness

A de Mello Spirituality Conference in His Own Words *Image*

An inspirational course on the spiritual life focuses on the theme of awareness, discussing the issues of change, suffering, and loss, and explaining how to cope with one's emotions

The Way to Love

The Last Meditations of Anthony de Mello *Image*

In thirty-one meditations, the author implores his readers to break through illusion, the great obstacle to love.

Awakening

Conversations with the Masters *Image*

From the bestselling author of Awareness and The Way to Love comes a classic reissue of lessons to inspire readers every day of the year. With more than two million books sold and countless admirers throughout the world, Anthony de Mello is regarded as one of the most influential religious teachers of the past fifty years. Since his death in 1987, widespread recognition of his work's enduring value has continued to grow. In Awakening, de Mello explores "the wisdom that cannot be conveyed in human speech." Through 365 meditations, blending the mystical traditions of both East and West, he creates the lessons of a profound "master" to his "pupil," illustrating our common need for harmony and enlightenment. The daily parables, sometimes cryptic and often witty, are not meant so much to instruct as to awaken the understanding deep within the human heart.

Rediscovering Life

Awaken to Reality *Image*

Shares a new way to look at the world and God, by being aware of the circuititous and habitual nature of thought, allowing readers to find hope and release feelings of isolation, anger, depression, and sadness.

Awareness

Conversations with the Masters *Image*

"Wisdom from one of the greatest spiritual masters of our time."—James Martin, SJ, author of *Jesus: A Pilgrimage* The heart of Anthony de Mello's bestselling spiritual message is awareness.

Mixing Christian spirituality, Buddhist parables, Hindu breathing exercises, and psychological insight, de Mello's words of hope come together in *Awareness* in a grand synthesis. In short chapters for reading in quiet moments at home or at the office, he cajoles and challenges: We must leave this go-go-go world of illusion and become aware. And this only happens, he insists, by becoming alive to the needs and potential of others, whether at home or in the workplace. Here, then, is a masterful book of the spirit, challenging us to wake up in every aspect of our lives.

Sadhana, a Way to God

Christian Exercises in Eastern Form *Image*

A series of spiritual exercises which combine Eastern meditation techniques with Christian prayer is designed to aid in achieving inner peace

Taking Flight

A Book of Story Meditations *Image*

"Both what you run from -- and what you yearn for -- are within you." --Anthony de Mello, S.J. In the tradition of his bestselling *Song of the Bird*, de Mello has written these story meditations as stepping stones toward a spiritual life based on self-knowledge and understanding. This book contains over 250 stories, grouped under the themes of Prayer, Awareness, Religion, Grace, "Saints," Self, Love, and Truth. Although derived from a variety of countries and cultures, these tales share the spiritual heritage and popular humor of the entire human race. As he does so skillfully in his other books, de Mello uses the medium of the story to enable his readers to work through their problems and arrive at essential Truth. With each seemingly simple anecdote comes a lesson powerful enough to break down barriers that limit self-understanding -- which in turn fosters a better understanding of others, in all situations in life. "Even if you read the stories in this book only for the entertainment," he warns, "there is no guarantee that an occasional story will not slip through your defenses and explode when you least expect it to." *Taking Flight* offers a joyful, transcendental experience. De Mello pilots a spiritual journey with the skill of a true master.

Stop Fixing Yourself

Wake Up, All Is Well *Simon and Schuster*

Can you imagine how liberating it would be to never be disillusioned again, never be disappointed again, never feel let down again? Want to wake up, come alive, and be free? Anthony De Mello's *Stop Fixing Yourself* is the answer you have been looking for. The question Anthony De Mello's *Stop Fixing Yourself* poses and successfully answers is: Can you attain enlightenment without the slightest effort on your part? Spiritual seekers exhausted from years of fruitless striving might well sigh deeply and think, "If only that were true." Well, Anthony De Mello asserts it is true. *Stop Fixing Yourself: Wake Up, All Is Well* provides the simple path to living an enlightened life. De Mello tells us that if you are watchful and awake, all that is false and neurotic within you will drop away and you will begin to live increasingly from moment to moment in a life made whole and happy and transparent through awareness. Awareness transforms you from a seeker to a finder, opening your eyes to the reality of the love, peace, and beauty that has always surrounded you. Awareness will set you free. In *Stop Fixing Yourself*, De Mello's down-to-earth teaching method helps you discover true awareness, releasing the divinity all around you and making your life meaningful, beautiful, and prosperous.

One Minute Wisdom *Image*

Through profound spiritual insights and his unique approach to the inner life, internationally acclaimed author Anthony de Mello points the way toward new levels of contemplation, happiness, love, wisdom, and enlightenment. In more than two hundred parables and lessons about living life fully yet simply, de Mello gives examples filled with wisdom that cannot be conveyed in regular direct discourse. Rooted in the spirit of the Gospel and spanning the mystical traditions of East and West, this invigorating volume -- like all the author's previous books -- is intended to enliven our faith and free us from whatever imprisons our mind, body, and soul. *One Minute Wisdom* will lead from sense to sensitivity, from mood to meaning, from thought to feeling. And as de Mello writes, "Wisdom can come without the slightest effort—in the time it takes to open your eyes." Wherever your spiritual belief may lie—or even if you have no beliefs at all—you will find in these pages needed and helpful direction on continuing the process of self-discovering and on finding the satisfying riches that lie deep within you.

The Song of the Bird *Image*

"Every one of these stories is about YOU." --Anthony de Mello Everyone loves stories; and in this book the bestselling author of *Sadhana: A Way to God* shares 124 stories and parables from a variety of traditions both ancient and modern. Each story resonates with life lessons that can teach us inescapable truths about ourselves and our world. De Mello's international acclaim rests on his unique approach to contemplation and ability to heighten self-awareness and self-discovery. His is a holistic approach, and in the words of one reviewer: "his mysticism cuts across all times and peoples and is truly a universal invitation." *The Song of the Bird* uses the familiar yet enduring medium of the story to illustrate profound realities that bring us in touch with the problems and concerns of daily life, as well as with our common spiritual quest. The aim is to develop the art of tasting and feeling the message of each story to the point that we are transformed. "Let the story speak to your heart, not to your brain," the author directs. "This may make something of a mystic out of you." Enhanced by lovely ink drawings, this is indeed a volume to treasure, to share, and to read many times over, for it is everyone's best companion on the road to spiritual growth.

Anthony DeMello SJ

The Happy Wanderer *Orbis Books*

Anthony deMello, an Indian Jesuit who died in 1987, was along the most popular and influential spiritual teachers of our time. Through his books and retreats he achieved a world-wide following that has only continued to grow in recent years. But who was Anthony deMello? What were the sources that nourished his spiritual development? In this biography, Bill deMello, Tony's younger brother, provides an honest and intimate portrait.

From Fear to Serenity with Anthony de Mello *Paulist Press*

An informal, individual retreat with the works of the great Indian Jesuit psychologist and spiritual master, Anthony de Mello, SJ.

Call to Love

Meditations

Wellsprings

A Book of Spiritual Exercises *Image*

One of the most important inspirational writers of our time, and

an internationally acclaimed spiritual guide, Anthony de Mello here presents a way toward peace of mind, inner power, and joy through simple spiritual exercises that blend the ancient traditions of the East with the psychological and philosophical perspectives of the West. *Wellsprings* is intended to guide us to a deeper appreciation of the physical and mystical realms within us. In these pages, numerous aspects of self-awareness are explored that for many people are often left uncultivated in the rapid pace of modern life. In the tradition of the great spiritual leaders of the past, de Mello directs the whole person toward a state of harmony and grace -- in heart and mind, body and soul. This book's great insights into our universal spiritual yearnings have had tremendous resonance the world over, and its simple lessons of the spirit have touched the lives of millions. *Wellsprings* is indeed a book for everyone who thirsts for inner growth -- regardless of age, religion, or cultural background. If read carefully, its exercises will lead from mind to body, from thought to fantasy and feeling. It is then that we are both freed and empowered, awakened to reality and our real selves. For, as the teacher explains, "in solitude your self is given back to you."

The Way to Love

Meditations for Life *Image*

Offers thirty-one meditations, each preceded by a Gospel quotation, providing insight on the ultimate question of love.

Seek God Everywhere

Reflections on the Spiritual Exercises of St. Ignatius *Image*

The *Spiritual Exercises* of St. Ignatius is one of the great masterpieces of the Christian canon. A series of meditations and practices that guides seekers on a journey to spiritual perfection, this manual has been used by millions of religious and lay persons alike for centuries. Now, in the first new Anthony de Mello book in more than fifteen years, the bestselling author of *Awareness* takes readers on an in-depth exploration of the practices of St. Ignatius and offers simple guidance and wisdom to help readers navigate the sometimes-confusing byways on the journey to God. Drawn from a series of talks de Mello gave before his untimely death in 1987, this book challenges us to achieve new levels of understanding and inner exploration, with chapters on how to hear the voice of the divine, the need for repentance, and how to ascend to love in our day-to-day life. A must-have for fans of de Mello's work and anyone interested in learning to pray in profound and meaningful ways, *Seek God Everywhere* is an inspirational and practical work that will transform your life.

Already Free

Buddhism Meets Psychotherapy on the Path of Liberation *Sounds True*

Why are more and more psychotherapists embracing meditation practice, while so many Buddhists are exploring psychology? "Both psychology and Buddhism seek to provide freedom from suffering," explains Bruce Tift, "yet each offers a completely different approach for reaching this goal." In *Already Free*, Tift opens a fresh and provocative dialogue between these two profound perspectives on the human condition. Tift reveals how psychotherapy's "Developmental" approach of understanding the way our childhood wounds shape our adult selves both contradicts and supports the "Fruitional" approach of Buddhism, which tells us that the freedom we seek is always available. In this investigation, he uncovers insights for connecting with authentic experience, releasing behaviors that no longer serve

us, enhancing our relationships, and more. "When we use the Western and Eastern approaches together," writes Bruce Tift, "they can help us open to all of life—its richness, its disturbances, and its inherent completeness."

Contact with God *Image*

With more than two million copies of his books in print, Anthony de Mello remains one of the world's most popular spiritual guides. In *Contact with God*, he draws upon his persuasive lectures and personal parables to guide readers through their own spiritual retreats. Nowhere is Anthony de Mello's characteristic warmth and insight more evident than in the series of talks he gave while guiding retreats. Known throughout the world as one of the foremost religious guides, de Mello offers here the transcripts from his beloved lectures, inspiring readers going on retreat and including suggestions for how to get the most out of the retreat experience. In *Contact with God* (reissued and available for the first time from Image), he intersperses his descriptions of various types of prayer with stories from his own life, as well as the thought-provoking parables for which he is best known.

One Minute Wisdom

Praying Naked

The Spirituality of Anthony de Mello *Image*

In his books *Awareness* and *The Way to Love*, among others, the internationally acclaimed spiritual guide Anthony de Mello presented an approach to spirituality that integrated the ancient traditions of the East with the psychological and philosophical perspectives of the West. Twenty years after his death, de Mello's books continue to attract readers and his work remains a powerful influence on contemporary spiritual thought and practices. J. Francis Stroud, S.J., who helped de Mello with his hugely successful lectures, seminars, and books, has dedicated himself to keeping de Mello's teachings alive through the de Mello Spirituality Center at Fordham University. In *Praying Naked*, Father Stroud draws on his peerless understanding of de Mello's works to help readers keep their lives on track and navigate their own spiritual journeys. In clear, simple language, he explains how to master de Mello's approach to meditation and shows that meditating for even as little as three minutes a day can resolve the problems caused by difficult life conditions and guide us on the quest for spiritual happiness, self-discovery, and self-awareness.

Anthony De Mello's Critical Journey of Awareness

The Self Discovered

Walking on Water

Reaching God in Our Time *Columba Press (IE)*

This is a book about a path for reaching God in our own time,' says Anthony De Mello at the beginning of *Walking on Water*. As he moves us along that path, he blends Christian wisdom with Eastern methods of meditation and, in his own inimitable style, draws widely on stories of monks, rabbis, and soldiers, fairy tales and legends, gentle jokes and Zen sayings, along with numerous simple exercises. Fresh, lively, and absorbing, Anthony De Mello's extraordinary insights into the reality of human life, and its divine origins and destination, will come as a breath of fresh air and encouragement to everyone who seeks meaning and purpose in our turbulent world.

Mastering Sadhana

On Retreat With Anthony De Mello *Image*

A close friend and associate of Anthony de Mello shares for the first time not only personal conversations and reminiscences, but also de Mello's own words as recorded during a 15-day retreat in India.

Taking Flight

A Book of Story Meditations *Image*

Gathers brief stories dealing with the themes of prayer, religion, grace, love, truth, saints, and spiritual awareness

The Future Evolution of Man

The Divine Life Upon Earth

Radical Acceptance *Bantam*

For many of us, feelings of deficiency are right around the corner. It doesn't take much--just hearing of someone else's accomplishments, being criticized, getting into an argument, making a mistake at work--to make us feel that we are not okay. Beginning to understand how our lives have become ensnared in this trance of unworthiness is our first step toward reconnecting with who we really are and what it means to live fully. —from *Radical Acceptance* "Believing that something is wrong with us is a deep and tenacious suffering," says Tara Brach at the start of this illuminating book. This suffering emerges in crippling self-judgments and conflicts in our relationships, in addictions and perfectionism, in loneliness and overwork—all the forces that keep our lives constricted and unfulfilled. *Radical Acceptance* offers a path to freedom, including the day-to-day practical guidance developed over Dr. Brach's twenty years of work with therapy clients and Buddhist students. Writing with great warmth and clarity, Tara Brach brings her teachings alive through personal stories and case histories, fresh interpretations of Buddhist tales, and guided meditations. Step by step, she leads us to trust our innate goodness, showing how we can develop the balance of clear-sightedness and compassion that is the essence of *Radical Acceptance*. *Radical Acceptance* does not mean self-indulgence or passivity. Instead it empowers genuine change: healing fear and shame and helping to build loving, authentic relationships. When we stop being at war with ourselves, we are free to live fully every precious moment of our lives.

The Prayer of the Frog *Gujarat Sahitya Prakash*

Lives of the Stoics

The Art of Living from Zeno to Marcus Aurelius *Penguin*

Instant New York Times Advice & Business Bestseller, USA Today Bestseller, and Wall Street Journal #1 Bestseller! A New York Times Noteworthy Pick and a "stellar work" by Publishers Weekly From the bestselling authors of *The Daily Stoic* comes an inspiring guide to the lives of the Stoics, and what the ancients can teach us about happiness, success, resilience and virtue. Nearly 2,300 years after a ruined merchant named Zeno first established a school on the Stoa Poikile of Athens, Stoicism has found a new audience among those who seek greatness, from athletes to politicians and everyone in between. It's no wonder; the philosophy and its embrace of self-mastery, virtue, and indifference to that which we cannot control is as urgent today as it was in the chaos of the Roman Empire. In *Lives of the Stoics*, Holiday and Hanselman present the fascinating lives of the men

and women who strove to live by the timeless Stoic virtues of Courage. Justice. Temperance. Wisdom. Organized in digestible, mini-biographies of all the well-known--and not so well-known--Stoics, this book vividly brings home what Stoicism was like for the people who loved it and lived it, dusting off powerful lessons to be learned from their struggles and successes. More than a mere history book, every example in these pages, from Epictetus to Marcus Aurelius--slaves to emperors--is designed to help the reader apply philosophy in their own lives. Holiday and Hanselman unveil the core values and ideas that unite figures from Seneca to Cato to Cicero across the centuries. Among them are the idea that self-rule is the greatest empire, that character is fate; how Stoics benefit from preparing not only for success, but failure; and learn to love, not merely accept, the hand they are dealt in life. A treasure of valuable insights and stories, this book can be visited again and again by any reader in search of inspiration from the past.

The Best Question Ever *Multnomah*

We've all done dumb stuff in our lives. We all have regrets. Yet none of us plans to mess up our lives. Why, then, does it keep happening? Life doesn't have to be that way. You can fool-proof your life...as this book shows. God's promise and pattern is for something better. In *The Best Question Ever*, Andy Stanley effectively teaches the practical and lasting value of simply asking this question about our actions in all of life's arenas: What is the wise thing for me to do, in light of my past experience, my present circumstances, and my future hopes and dreams? This book probes for honesty—it pushes us to open our eyes to reality and helps us expose the little (and big) self-deceptions we have. Prepare yourself. You are about to be introduced to a single question that will revolutionize the way you make decisions. Over the past twenty years, speaker and author Andy Stanley has shared the power of this question with thousands of students and adults all over the country. In this ground-breaking new book, Andy provides you with a filter through which to evaluate every decision in every arena of your life. As you are about to discover, the *Best Question Ever* will bring clarity to decisions involving your finances, your love life, your schedule, even your career. People everywhere agree that their greatest regret could have been avoided had they asked the *Best Question Ever* and then acted on their conclusions. A time-tested truth that has immediate application, the *Best Question Ever* has the power to change the trajectory of your entire life. *Story Behind the Book* After continually making decisions that were short-sighted and hasty, Andy Stanley sought counsel. In Ephesians 5:15 he read, "Be very careful, then, how you live—not as unwise but as wise." It was there that Andy discovered what he considers to be *The Best Question Ever*. From the Hardcover edition.

Spiritual Enlightenment:: The Damnedest Thing

Book One of The Enlightenment Trilogy *Wisefool Press*

A MASTERPIECE of illuminative writing, *Spiritual Enlightenment: The Damnedest Thing* is mandatory reading for anyone following a spiritual path. Part exposé and part how-to manual, this is the first book to explain why failure seems to be the rule in the search for enlightenment, and how the rule can be broken. :: Book One of Jed McKenna's *Enlightenment Trilogy*. Contains Bonus Material.

The Spirituality of Imperfection

Storytelling and the Search for Meaning *Bantam*

I Am Not Perfect is a simple statement of profound truth, the first

step toward understanding the human condition, for to deny your essential imperfection is to deny yourself and your own humanity. The spirituality of imperfection, steeped in the rich traditions of the Hebrew prophets and Greek thinkers, Buddhist sages and Christian disciples, is a message as timeless as it is timely. This insightful work draws on the wisdom stories of the ages to provide an extraordinary wellspring of hope and inspiration to anyone thirsting for spiritual growth and guidance in these troubled times. Who are we? Why do we so often fall short of our goals for ourselves and others? By seeking to understand our limitations and accept the inevitability of failure and pain, we begin to ease the hurt and move toward a greater sense of serenity and self-awareness. The Spirituality Of Imperfection brings together stories from many spiritual and philosophical paths, weaving past traditions into a spirituality and a new way of thinking and living that works today. It speaks to anyone who yearns to find meaning within suffering. Beyond theory and technique, inside this remarkable book you will find a new way of thinking, a way of living that enables a truly human existence.

The Untethered Soul (EasyRead Super Large 18pt Edition)
ReadHowYouWant.com

The chapters of this book are nothing but mirrors for seeing your "self" from different angles. And though the journey we are about to embark on is an inner one, it will draw upon every aspect of your life. The only requirement asked of you is the willingness to honestly look at yourself in the most natural, intuitive manner. Remember, if we are seeking the root of "self," what we are actually seeking is you. As you read through these pages, you will find that you know much more than you thought you did about some very deep subjects. The fact is, you already know how to find yourself; you have just gotten distracted and disoriented. Once refocused, you will realize that you not only have the ability to find yourself, you have the ability to free yourself. Whether you choose to do so or not is entirely up to you. But upon completion of your journey through these chapters, there will be no more confusion, no more lack of empowerment, and no more blaming others. You will know exactly what must be done. And should you choose to devote yourself to the ongoing journey of self-realization, you will develop a tremendous sense of respect for who you really are. It is only then that you will come to appreciate the full depth of meaning in the advice: "This above all: to thine own self be true." ---- Introduction

How to Make Millions with Your Ideas

An Entrepreneur's Guide *Plume*

You've come up with a brilliant idea for a brand-new product or service you know could make you rich. Or maybe you currently own a business that pays the bills, and your dream is to become fabulously successful and retire a millionaire. But how? How to Make Millions with Your Ideas has all the answers. This book is packed with the true stories and proven advice of ordinary people who began with just an idea, a simple product, or a fledgling business and wound up with millions. It examines the methods and principles of dozens of successful entrepreneurs, including author Dan Kennedy's surefire, easy-to-follow Millionaire Maker Strategies. It helps you determine which of three paths to success are best for you and guides you step-by-step down that path on your way to fortune. Discover: · The eight best ways to make a fortune from scratch · How to turn a hobby into a million-dollar enterprise · How to sell an existing business for millions · The power of electronic media to help make you rich · The "Million Dollar Rolodex" of contacts and information you can use to get on the road to wealth

The Heart of the Enlightened

A Book of Story Meditations *Image*

The posthumous sequel to his highly successful Taking Flight, this collection of 200 little stories features great wisdom from religions all over the world, human nature, relationships, service, and enlightenment.

Anthony De Mello

Writings *Modern Spiritual Masters*

Essential writings provide a penetrating introduction to the Indian Jesuit who bridged East and West with his stories and parables.

Awareness *Createspace Independent Publishing Platform*

It is a masterful book of the spirit, challenging us to wake up in every aspect of our lives.

Joy on Demand

The Art of Discovering the Happiness Within *HarperCollins*

A long-awaited follow-up to the New York Times bestselling Search Inside Yourself shows us how to cultivate joy within the context of our fast-paced lives and explains why it is critical to creativity, innovation, confidence, and ultimately success in every arena. In Joy on Demand, Chade-Meng Tan shows that you don't need to meditate for hours, days, months or years to achieve lasting joy—you can actually get consistent access to it in as little as fifteen seconds. Explaining joy and meditation as complementary things that naturally reinforce each other, Meng explains how these two skills form a virtuous cycle, and once put into motion, become a solid practice that can be sustained in daily life. For many years, meditation has been taught and practiced in cultures where almost all meditators practice full-time for years, resulting in training programs optimized for practitioners with lots of free time and not much else to do but develop profound mastery over the mind. Seeing a disconnect between the traditional practice and the modern world, the bestselling author and Google's "Jolly Good Fellow" has developed a program, through "wise laziness," to help readers meditate more efficiently and effectively. Meng shares the three pillars of joy (inner peace, insight, and happiness), why joy is the secret to success, and demonstrates the practical tools anyone can use to cultivate it on demand.

One Blade of Grass

Finding the Old Road of the Heart, a Zen Memoir *Catapult*

"If you've ever wondered how a messed up kid like you or me might master the wisdom of Zen, One Blade of Grass is the adventure for you. It's great company—and after reading it, you might recognize that you're further along than you imagined." —David Hinton, editor and translator of The Four Chinese Classics and author of The Wilds of Poetry One Blade of Grass tells the story of how meditation practice helped Henry Shukman to recover from the depression, anxiety, and chronic eczema he had had since childhood and to integrate a sudden spiritual awakening into his life. By turns humorous and moving, this beautifully written memoir demystifies Zen training, casting its profound insights in simple, lucid language, and takes the reader on a journey of their own, into the hidden treasures of life that contemplative practice can reveal to any of us. "This heartfelt and beautifully written memoir provides one of the most insightful, informative, and honest accounts of Zen practice yet to appear in English." —Stephen Batchelor, author of After

Buddhism

Awareness ; The Way of Love