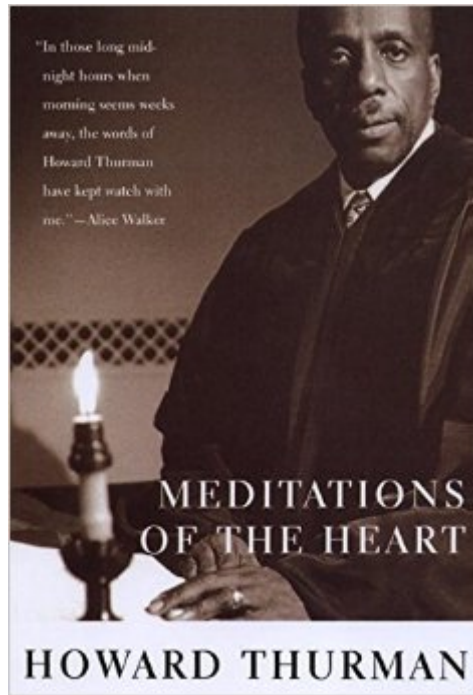


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# Meditations Of The Heart



## Synopsis

Meditations of the Heart is a beautiful collection of meditations and prayers by one of our greatest spiritual leaders. Howard Thurman, the great spiritualist and mystic, was renowned for the quiet beauty of his reflections on humanity and our relationship with God. This collection of fifty-four of his most well-known meditations features his thoughts on prayer, community, and the joys and rituals of life. Within this collection are words that sustain, elevate, and inspire. Thurman addresses those moments of trial and uncertainty and offers a message of hope and endurance for people of all faiths.

## Book Information

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## Customer Reviews

I have read this book probably about 5 times. However, every time I read a poem or meditation, I got some type of new revelation from this man's words. Howard Thurman is by far one of the most wise, intellectual, spiritual and thought provoking men I have ever studied. This book touches every issue that probably every person will inevitably face. From life, love, race, death, pain and joy, this book is a must read for the poet and the seeker of the very heart of God alike.

I am speechless with this man and his work. He is a great philosopher & great spiritual teacher. He has touched my soul in all my trials in life. "Meditations of the Heart" will assist you in your trials and assist you in your spiritual growth. I have read many times along with "Deep is the Hunger". You will be touched. Peace & Blessings

This book is a profound revelation of the connection between the heart, soul and mind. Howard Thurman is a prolific writer, scholar, and intuitive who seemed to have a direct line to the Universal Spirit. It is not a book that is to be stored on the shelf as one can read it again and again and each time it would have new meaning for the reader. His meditations are truly from the depths of his heart. Highly recommended! Read more about Howard Thurman at [...]Johnetta Miner, NP

Can't really remember how I heard of Howard Thurman but I am SO glad I have this book. He is totally practical, down to earth and not at all preachy, yet his thoughts and words seem to walk right in the door to your heart and find a place there. It is like having a wonderful, soulful best friend, whose thoughts you can use to enrich your own life. I LOVE this fellow and highly recommend this book to anyone who wants or needs a little extra help in the spiritual realm to get through the (wacky/scary/tumultuous) times of today.

Beautiful book. Speaks to my heart in many ways. This type of book appeals in a very personal way. Will it appeal to everyone? Probably not. Depends on what you are looking for. Each reading is a thoughtful meditation that keeps me thinking about it as the day goes on. It's a book for the over 40 age group I think? But then, who knows? I'm 60. Not a clue what the under 40 like!!!!

Although from a different era, this is a contemporary book from a prophet of his day. This book takes the reader to a different era when racism was still acceptable in USA. Thurman moved across the racial boundaries of his day. This is a book of grace - the grace of God as nothing Thurman did could have been achieved without the faith he had in God. Thurman founded the first inter-racial church in USA

This has been integral in my spiritual growth and experience. You don't need to be a preacher or a theologian to use this book. I would have loved to have been in the congregation with the great Howard Thurman to hear these meditations during service

The timelessness and profundity of this book cannot be overrated. Thurman has some timeless reflections in here, especially for his audience of spiritual/religious inclinations. But even for me, a firmly irreligious reader, Thurman has some basic, humbling, commonsense advice about how to accept your unavoidable failings and foibles, how to establish internal fortitude and external

communion with like-minded and encouraging people. This book is far more invaluable than I could ever articulate. A great book!!

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