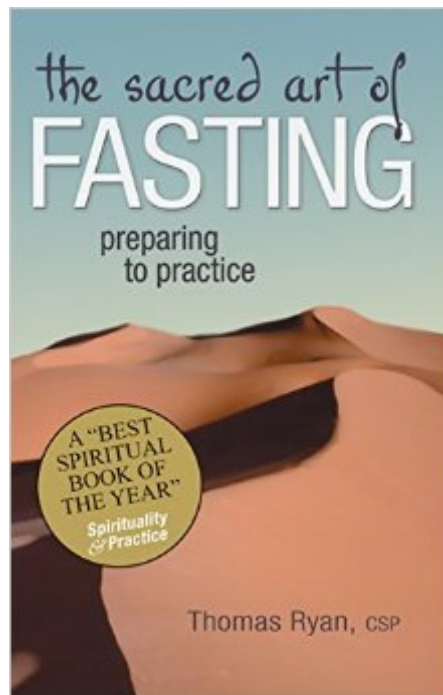


The book was found

The Sacred Art Of Fasting: Preparing To Practice (The Art Of Spiritual Living)



Synopsis

Open your mind and heart and discover how the sacred art of fasting can strengthen your spiritual appetite. "Fasting as a religious act increases our sensitivity to that mystery always and everywhere present to us. It is an invitation to awareness, a call to compassion for the needy, a cry of distress, and a song of joy. It is a discipline of self-restraint, a ritual of purification, and a sanctuary for offerings of atonement. It is a wellspring for the spiritually dry, a compass for the spiritually lost, and inner nourishment for the spiritually hungry." —from chapter 9

Though fasting is practiced in some form by nearly every faith tradition throughout the world, it is often seen as scary or something only for monastic life. But fasting doesn't have to be intimidating. And it doesn't have to mean going weeks without food. *The Sacred Art of Fasting* invites you to explore the practical approaches, spiritual motivations, and physical benefits of this ancient practice by looking at the ways it is observed in several faith traditions. Inspiring personal reflections, helpful advice, and encouragement from people who practice fasting answer your questions, allay your fears, and reveal how you too can safely incorporate fasting into your spiritual life.

Book Information

Series: The Art of Spiritual Living

Paperback: 192 pages

Publisher: SkyLight Paths; 1 edition (March 1, 2005)

Language: English

ISBN-10: 1594730784

ISBN-13: 978-1594730788

Product Dimensions: 5.5 x 0.5 x 8.5 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (5 customer reviews)

Best Sellers Rank: #667,928 in Books (See Top 100 in Books) #298 in [Books > Textbooks > Humanities > Religious Studies > Comparative Religion](#) #435 in [Books > Textbooks > Humanities > Religious Studies > Judaism](#) #501 in [Books > Religion & Spirituality > Judaism > Jewish Life](#)

Customer Reviews

Written by Catholic Priest and member of the Paulist Fathers Thomas Ryan, CSP, *The Sacred Art of Fasting: Preparing to Practice* is a straightforward look at fasting as a means to open oneself spiritually. Chapters survey the use of spiritual fasting in Judaism, Christianity, Islam, Hinduism, Buddhism, and among the Latter-day Saints (Mormons), and strive to explain what makes fasting a

"sacred art". The final chapter discusses in detail proper preparations for fasting, what health conditions make it unsafe to fast, alternative means of fasting for those who cannot safely do so, how much exercise is appropriate during a fast, and more. The Sacred Art of Fasting specifically focuses upon fasting as a spiritual practice rather than a weight loss or health practice, yet there is some discussion of the physical benefits of a controlled fast. A sober, practical, and deeply reverential discussion of an ancient practice undertaken in search for enlightenment.

A comprehensive review of the connection of fasting and spirituality from several faith confessions, seen through the prism of a Christian theologian.

very very helpful and motivating. A must buy!

Well researched, well written

I have been interested in Fasting for some time. Am enjoying reading the different religions approach to Fasting. I am reading the last chapter on the "how To's" before I continue reading the books. I am doing this so that I can begin preparing myself for fasting. Jennie

[Download to continue reading...](#)

The Sacred Art of Fasting: Preparing to Practice (The Art of Spiritual Living) The Miracle of Fasting: Proven Throughout History for Physical, Mental, & Spiritual Rejuvenation Frugal Living: 55 Tips to Save Money! Enjoy Living on a Budget, Become Debt Free, and Have Complete Financial Independence (Frugal Living Books, frugal living for dummies, frugal living made simple) 101 Recipes for Preparing Food in Bulk: Everything You Need to Know About Preparing, Storing, and Consuming with Companion CD-ROM (Back-To-Basics Cooking) The Subtle Power of Spiritual Abuse: Recognizing and Escaping Spiritual Manipulation and False Spiritual Authority Within the Church Juicing, Fasting, and Detoxing for Life: Unleash the Healing Power of Fresh Juices and Cleansing Diets Binge Eating Cure: Cure Binge Eating with Intermittent Fasting The What When Wine Diet: Paleo and Intermittent Fasting for Health and Weight Loss The FastDiet: Lose Weight, Stay Healthy, and Live Longer with the Simple Secret of Intermittent Fasting Fasting and Dates: A Ramadan and Eid-ul-Fitr Story (Festival Time!) Sanctuary of the Sacred Flame: A Guide to Johannite Spiritual Practice Sacred Quartets for All (From the Renaissance to the Romantic Periods): Trombone, Baritone B.C., Bassoon, Tuba (Sacred Instrumental Ensembles for All) Sweet Medicine: Continuing Role of the Sacred Arrows, the Sun Dance, and the Sacred Buffalo Hat in

Northern Cheyenne History (Civilization of the ... Civilization of the American Indian Series) Sacred America, Sacred World: Fulfilling Our Mission in Service to All Crystals and Sacred Sites: Use Crystals to Access the Power of Sacred Landscapes for Personal and Planetary Transformation Sacred Trios for All (From the Renaissance to the Romantic Periods): Trombone, Baritone B.C., Bassoon, Tuba (Sacred Instrumental Ensembles for All) Sacred Duets for All (From the Renaissance to the Romantic Periods): Trombone, Baritone B.C., Bassoon, Tuba (Sacred Instrumental Ensembles for All) Sacred Woman, Sacred Dance: Awakening Spirituality Through Movement and Ritual Gospel Classics: Sacred Performer Piano Collection - 12 Artistic Arrangements for Worship Services, Concerts and Recitals (Sacred Performer Collections) Sacred Compass: The Way of Spiritual Discernment

[Dmca](#)