



# **The Big Book of Christian Mysticism: The Essential Guide to Contemplative Spirituality**

*Carl McColman*

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In popular usage, “mysticism” typically refers to New Age or Eastern forms of spirituality. However, the mystical tradition is also an important component of the Christian tradition. At its heart—and much like its expression in other faith traditions—Christian mysticism is an ancient tradition that incorporates meditation, contemplation, worship, philosophy, the quest for personal enlightenment, and the experience of Divine presence.

This volume is a comprehensive introduction and guide to Christian mysticism. It is a big book about a big possibility: the hope of achieving real, blissful, experiential union with God. Among the topics covered here are a general introduction to mysticism, the Bible and mysticism, the history and types of Christian mysticism, biographical sketches of leading Christian mystics, and practical instructions about practicing mysticism today.

This is a breathtaking work that explores a form of spirituality that has changed lives over the course of 2,000 years. Learning about Christian mysticism and how it has been articulated through the centuries will prove inspirational for today’s seekers, regardless of the faith tradition.



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