



## Mere Spirituality: The Spiritual Life According to Henri Nouwen

By Wil Hernandez PhD Obl OSB

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**Mere Spirituality: The Spiritual Life According to Henri Nouwen** By Wil Hernandez PhD Obl OSB

**Discover Henri Nouwen's authentic, spacious spirituality of being deeply beloved.**

"When we are at one with our self, it becomes effortless for us to welcome and embrace the same self where God resides, the self that God loves with the first love, preceding all human love. With Nouwen, we are able to carry our own beautiful, deeply loved self in our heart."

?from the Introduction

Henri Nouwen's compelling spirituality of the heart is at once simple and complex, accessible but deeply profound. For this beloved Catholic theologian, whose ecumenical writings continue to inspire Christians of all denominations and levels of involvement, spirituality is, at its most basic, simply "attention to the life of the spirit in us."

This insightful distillation of Nouwen's vast literary legacy invites our tender hearts to take courage and be still, creating space for God and our true selves. It is in this place of trust and solitude that we discover our belovedness and our capacity to love God and others.

A scholar and spiritual director intimately acquainted with Nouwen's understanding of the spiritual life, Wil Hernandez, PhD, Obl. OSB, offers an elegant synthesis of Nouwen's main themes, inspiring us to embrace the power and vulnerability of mere spirituality.

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**Bibliography**

- Rank: #726886 in Books
- Published on: 2015-10-21
- Released on: 2015-10-21
- Original language: English
- Number of items: 1
- Dimensions: 22.86" h x 1.07" w x 6.00" l, .0 pounds
- Binding: Paperback
- 160 pages



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### Editorial Review

#### Review

"Captures Henri Nouwen's 'spirituality of the heart' while providing readers with a cohesive summary.... A wonderful place for readers to get an overview of the critical components of Nouwen's authentic spirituality."

?Karen Pascal, executive director, Henri Nouwen Society & Legacy Trust

"A simple yet profound introduction to contemplative practice as a basis for active ministry in the world. Wil Hernandez is an expert interpreter of Nouwen's life and works."

?Michael J. Christensen, PhD, director, Shalom Initiative for Prophetic Leadership and Community Development, Drew University; coeditor of the Nouwen trilogy *Spiritual Direction, Spiritual Formation and Discernment*

"Lays out the brilliant spirituality of Henri Nouwen for the reader and student in the clearest and most useful terms.... This unpretentious but lovely book will quickly become a classic."

?Roberta C. Bondi, professor emerita, Candler School of Theology, Emory University

"Wil Hernandez is one of the most insightful interpreters of the writings of the late Henri Nouwen.... This vision can re-invigorate a tired Christianity in the Western world."

?Charles Ringma, theologian and activist; author, *Hear the Heartbeat with Henri Nouwen*

"Wil Hernandez has provided his readers a way to dive deeply into Nouwen's timeless wisdom. *Mere Spirituality* is a treasure."

?Rev. Jane E. Vennard, spiritual director; author, *Fully Awake and Truly Alive and Teaching?The Sacred Art*

"A life-giving reminder that spirituality is not a program added to one's life, but it spills from our heart and from the very core of our being. This book is both an invitation and an essential encouragement."

?Rev. Terry Hershey, author, *Sanctuary: Creating a Space for Grace in Your Life*

#### About the Author

**Wil Hernandez, PhD, Obl. OSB**, is a passionate advocate for the work of spiritual formation in individuals and congregations, and he finds great joy in sharing Henri Nouwen's spiritual legacy. He teaches courses on the spirituality of Henri Nouwen at seminaries and universities throughout the U.S. and abroad as a spiritual director and international workshop and retreat leader. He is also author of a Henri Nouwen trilogy, which includes *Henri Nouwen and Spiritual Polarities: A Life of Tension*, and is founder and executive director of CenterQuest: An Ecumenical Hub for the Study and Practice of Christian Spirituality ([www.CQCenterQuest.org](http://www.CQCenterQuest.org)).

For more information about Wil Hernandez's courses, retreats, seminars and workshops on Henri Nouwen, please visit [www.nouwenlegacy.com](http://www.nouwenlegacy.com) or email Wil at [wil@nouwenlegacy.com](mailto:wil@nouwenlegacy.com).

**Ronald Rolheiser**, popular ecumenical Catholic theologian and columnist, is author of *The Holy Longing* and *Sacred Fire*, among other books.

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