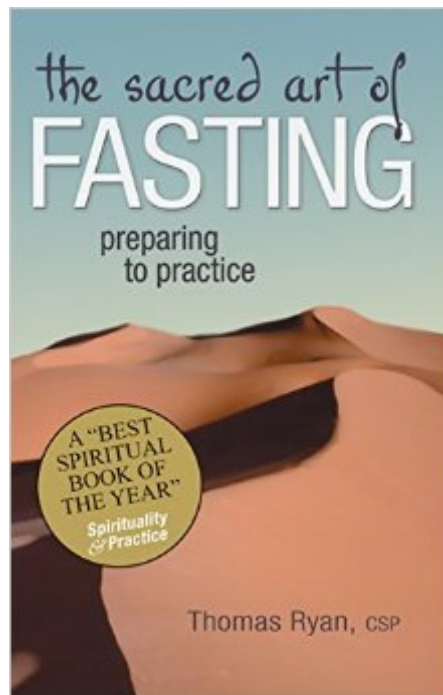


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# The Sacred Art Of Fasting: Preparing To Practice (The Art Of Spiritual Living)



## 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

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## 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

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