



Reaching Out: Three Movements of the Spiritual Life

Henri J. M. Nouwen

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In this best-seller the eminent spiritual guide Henri Nouwen describes three movements in our search for union with God.

The first movement, from loneliness to solitude, explores our experience of our own selves and our longings. The second movement, from hostility to hospitality, focuses on our relationships with others. In the third movement the challenge is to progress from illusion to prayer. Nouwen s plan leads us through good times and struggles, joys and sorrows, to joyful union with God.

Nouwen says the journey is frightful as well as exhilarating because it is the great experience of being alone, alone in the world, alone before God. As we are transformed in love, painful passages and tensions become signs of hope.



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