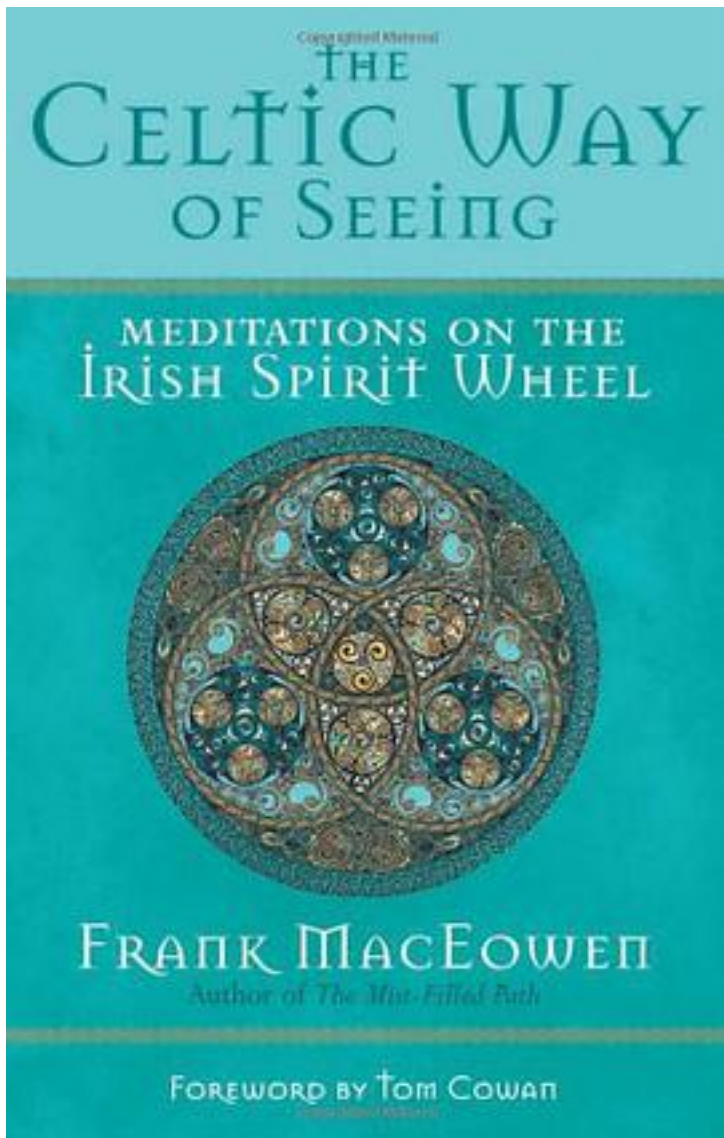


# The Celtic Way of Seeing



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The Celtic way of seeing posits a direct link between the eye and the heart, a link that connects seekers to forces, energies, and knowledge that exist beyond the corporeal world. Here, Frank MacEowen explains this intuitive way of seeing by retelling a traditional Irish story, "The Settling of the Manor of Tara." The story is essential because it introduced to Irish culture the concept of the four directions north, south, east, and west. For the Irish, just as for Native Americans, the directions act as guides and protectors. Once seekers learn to see” the directions, spirituality becomes a living thing, making each seeker not just an observer but a participant. After retelling the ancient story in beautiful, prose evocative of ancient Ireland, MacEowen then places its wisdom in contemporary terms, and shares exercises and practices that help readers incorporate the teachings into daily life.

作者介绍:

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