



Original Goodness: A Commentary on the Beatitudes (Classics of Christian Inspiration)

By Eknath Easwaran

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Revised second edition (July 2017) has a new cover, minor corrections, and a comfortable new size and updated interior layout.

Love, compassion, meaning, hope, and freedom from fear are not qualities we need to acquire. We simply need to uncover what we already have.

“Original goodness” is Eknath Easwaran’s phrase for this spark of divinity hidden in every one of us, regardless of our personal liabilities or past mistakes. Commenting on the Beatitudes from the Sermon on the Mount, Easwaran shows how this spark of divinity can energize our lives – beginning with a simple method of meditation that gradually removes the conditioning that hides our native goodness.

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Editorial Review

Review

"It is practical, simple and a delight to read." -- *Toronto Journal of Theology*

"This is an excellent source for lay readers and clergy looking for a way of meditation that incorporates the spiritual traditions and teachings of the West." -- *Fellowship in Prayer*

"Thoroughly recommended for people at all stages on the Spiritual Journey." -- *Monos*

From the Publisher

Using exhilarating quotes from numerous Christian mystics, Easwaran focuses on the idea of "original goodness," the spark of divinity that is every individual's birthright, regardless of personal assets or liabilities. The spiritual resources everyone needs love, compassion, meaning, hope, freedom from fear are already there, ready to be uncovered. *Original Goodness* includes instructions on how to meditate, and how to apply the power and insights of meditation to everyday life. *Original Goodness* is part of a three-volume series, Classics of Christian Inspiration, which collects the best writing of Eknath Easwaran on well-loved and inspiring passages and mystics in the Christian tradition.

From the Back Cover

Love, compassion, meaning, hope, and freedom from fear are not qualities we need to acquire. We simply need to uncover what we already have. "Original goodness" is Eknath Easwaran's phrase for this spark of divinity hidden in every one of us, regardless of our personal liabilities or past mistakes. And in this book he shows how this spark of divinity can energize our lives - beginning with instructions in a simple method of meditation that gradually removes the conditioning which hides our native goodness. Each chapter then takes its theme from the Beatitudes of the Sermon on the Mount. Throughout, this book is enlivened with inspiring quotes from some of the greatest Christian mystics - among them Meister Eckhart, Mechthild of Magdeburg, Teresa of Avila, and John Ruysbroeck. *Original Goodness* will appeal to anyone wanting to learn how to meditate using a method that fits comfortably within the Christian tradition. It is full of helpful suggestions for making spiritual ideals a practical part of daily life.

Users Review

From reader reviews:

Barry Upshaw:

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