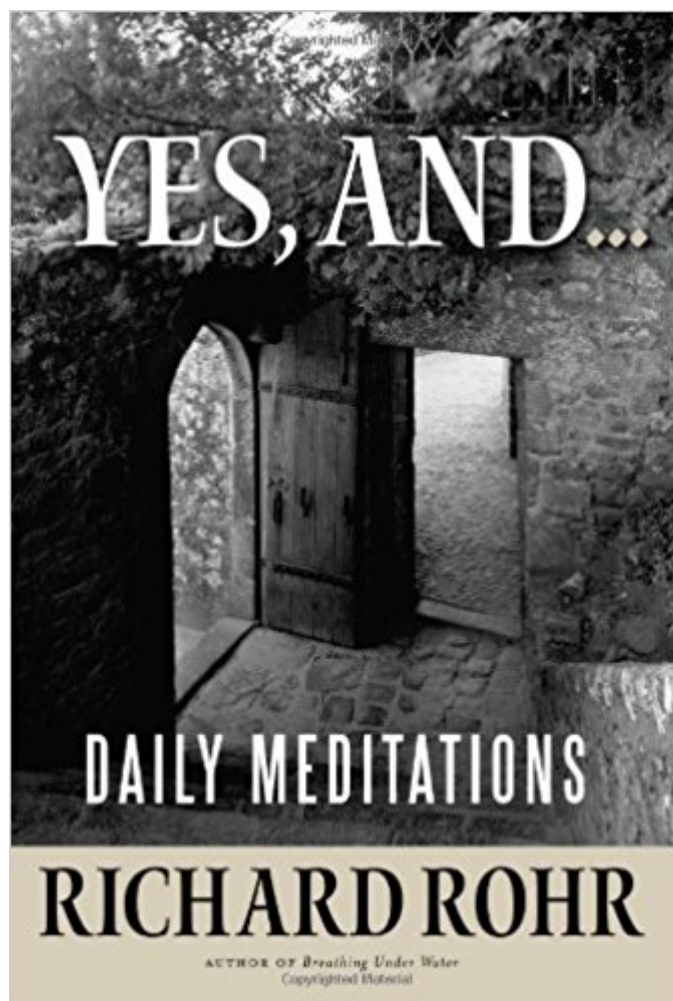


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# Yes, And...: Daily Meditations



## Synopsis

This perennial book features daily meditations, each written by Rohr and adapted or excerpted from his many written and recorded works. The meditations are arranged around seven themes: Methodology: Scripture as validated by experience, and experience as validated by tradition, are good scales for one's spiritual worldview Foundation: If God is Trinity and Jesus is the face of God, then it is a benevolent universe. God is not someone to be afraid of, but is the Ground of Being and on our side. Frame: There is only one Reality. Any distinction between natural and supernatural, sacred and profane is a bogus one. Ecumenical: Everything belongs and no one needs to be scapegoated or excluded. Evil and illusion only need to be named and exposed truthfully, and they die in exposure to the light. Transformation: The separate self is the problem, whereas most religion and most people make the "shadow self" the problem. This leads to denial, pretending, and projecting instead of real transformation into the Divine. Process: The path of descent is the path of transformation. Darkness, failure, relapse, death, and woundedness are our primary teachers, rather than ideas or doctrines. Goal: Reality is paradoxical and complementary. Non-dual thinking is the highest level of consciousness. Divine union, not private perfection, is the goal of all religion. Yes, and... is an excellent daily prayer resource for fans of Richard Rohr's work, and those who are looking for an alternate way to live out their faith—a way centered in the open-minded search for spiritual relevance of a transforming nature.

## Book Information

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## Customer Reviews

"Rohr's pungent insights are a bitter and soothing balm for our wounded souls and world. That

they seem to strange, shocking and counterintuitive only proves how poorly we have understood our own tradition, and grievously deformed it." — National Catholic Reporter

In this magisterial collection of daily spiritual readings, Rohr gives us a treasure-trove of insights into the contemporary religious scene in all its dramatic variety....In Rohr's understanding of things, unlearning plays a huge role in the second half of life when we are squaring off against debilitation and death. "Divine union, not private perfection is the goal of all religion," writes Rohr in "Goal." Here he delivers a set of snappy essays on wonderment, starting with yes, smiling as a form of salvation, unitive consciousness, the mystery of presence, and the freedom of not knowing. This sterling collection of meditations is part of Rohr's legacy work in seven parts. By the time you finish reading it, you will have a deep sense of communion with this priest and his visionary Christianity! — Frederic and Mary Brussat, *Spirituality and Practice*

What Rohr has given us is a collection of 366 meditations — one for every day of the year — to help us figure out what it means to wrestle with our Christian faith. — Rohr is convincing when he argues that "Jesus consistently ignored or even denied exclusionary, punitive and triumphalist texts in His own Jewish Bible in favour of passages that emphasized inclusion, mercy and honesty." In his view, it is past time to do away with literal readings of the Bible, and it is time to read our Bibles within the contexts of both our own lives and our own political time. It is time to end theological eliteness and recognize that Jesus' ministry, which we seek to emulate, was both humble and revolutionary. Such an approach brings us into a true liberation theology, for ourselves, our churches and our world. — Sara Stratton, *Catholic Register, Toronto*

Books of meditations can be boring and bland, but the meditations Rohr has selected for *Yes, And...* are exciting, soul-renewing, and deep." — *Tikkun Recommends*, *Tikkun* magazine

Rohr has a gift to put real-life experiences into clear words and alternative viewpoints. Speaking of the "beginner's mind," he says people tell him, "You did not tell me anything new — you just gave me the courage to believe it..." I recommend this book to family, friends, and colleagues in search of deeper spirituality. — John B. Lounibos, *Catholic Library World*

Fr. Richard Rohr is a globally recognized ecumenical teacher bearing witness to the universal awakening within Christian mysticism and the Perennial Tradition. He is a Franciscan priest of the New Mexico Province and founder of the Center for Action and Contemplation (CAC) in Albuquerque, New Mexico. Fr. Richard's teaching is grounded in the Franciscan alternative orthodoxy — practices of contemplation and lived kenosis (self-emptying), expressing itself in radical compassion, particularly for the socially marginalized. Fr. Richard is the author of numerous books, including *Everything Belongs*, *Adam's Return*, *The Naked Now*, *Breathing*

Under Water,Â Falling Upward,Â Immortal Diamond,Â andÂ Eager to Love: The Alternative Way of Francis of Assisi.Â Fr. Richard is academic Dean of theÂ Living School for Action and Contemplation. Drawing upon Christianity's placeÂ within the Perennial Tradition, the mission of the Living School is to produce compassionate and powerfully learned individuals who will work for positive change in the world based on awareness of our common union with God and all beings.Â VisitÂ [cac.org](http://cac.org)Â for more information.

Richard Rohr has done it again. In his beautiful new book "Yes, And...", Richard gives us eyes to see as Jesus, Gandhi, the Buddha and every mystic of every faith tradition has learned to see. "Yes, And..." proposes a "course correction" to the many of us spiritual seekers who may have missed the point. In the case of Christianity, for instance, that point would include Jesus' counter-intuitive message found in the Christian Bible. But his book is a gift of insight for all of God's human creatures, no matter which spiritual journey we are on. Richard would (and does) say that each path "points to the moon," and we are all together in our seeking. The layout of Richard's total message is structured around the seven themes of his teaching: Methodology, Foundation, Frame, Ecumenism, Transformation, Process and Goal. In each category of thought he delivers short, focused (but very accessible) insights that together build an integrated worldview of God's creation and our place in it. Reading this book is like savoring daily meetings with a loving, human and deeply inspired personal spiritual director. Strongly recommended.

I instantly fell in love with this book. It stimulates my mind, challenges my soul, and speaks to my heart. It helps me with my spiritual journey---much like a well beloved and often used road-map.

Reflections for adult spirituality. No easy or simple minded instructions manual, but a companion through the experience of being a human being, living a human life. Deals with coming to have loving relationships with ourselves, others, the earth and God.

I have enjoyed reading some of these meditations on Rohr's website, but they are even better in a book. Even though most meditations are less than a full page long, they provide hours of food for thought and contemplation. I have enjoyed discussing the book as part of a spirituality group at my parish; often we each find something entirely different in one of Rohr's meditations, which I think is a sign of a good meditation. I greatly appreciate the editor's or producer's decision to print only one meditation per page, often leaving a good bit of space for readers to write their own thoughts.

Richard has done it again. I read the first reflection and my soul sighed in content... beautifully written and the words are both challenging and nurturing. Anyone on a serious spiritual journey should take this book along.

I was looking for something that would give me an unbiased viewpoint of Christianity. While Richard Rohr is a priest he is able to give a very intellectual argument for all sides. The writings are meant to be read as a daily meditation but I often read several at a time. Each writing is worthy of in depth discussion. And each piece is followed by a mention of a book it is summarized from, so you can read more on that aspect. Rohr is an excellent writer and along with his extensive knowledge of history and theology, the book is a solid read.

Great samples of Richard Rohr's books and other discussions. He is so good and gets thru all the unnecessary dogma, myths, untruths, and blocks that impede religious thought, He has worked thru this in his life and knows how to transmit this to others in simple and, some times, humorous manner.

Fr Richard Rohr is a controversial writer and I love his insights. He tells it as it is when so many are afraid to. I consider him a new prophet of our times

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