

The Art of Purifying the Heart

El arte de purificar el corazón

TOMÁŠ ŠPIDLÍK

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SUBJECT

Prayer, Eastern Spirituality,
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SUMMARY

We live in a technical society and we are used to thinking that everything that happens has an external cause, every movement an impetus from another force. The positivist psychologists have taught us that a child's soul is a tabula rasa, in which we will find only what other people will write there. Therefore society tries to «indoctrinate us», in the good and bad senses of the word. Therefore, the human person is used to listening only to others, no longer pays attention to the inspirations of the heart, which come from the Spirit. It is a privilege of artists to have «inspirations», but not exclusively. In the spiritual life everyone must be an «artist» and construct their own life under the guidance of the supreme «Artist». As Saint Ignatius of Loyola said: «It is not the richness of science which satisfies the soul, but feeling and tasting things from within».

This Book deals with Prayer and Spiritual life, with the experience of Grace and Goodness, through discernment of evil and human passions in everyday experience. It is a beautiful and simple proposal to construct our spiritual life through Discernment and Prayer of the Heart. 

AUTHOR

Tomáš Špidlík was born in Boskovice, now in the Czech Republic, in 1919. In 1951, Špidlík began broadcasting programs from Vatican Radio calling for freedom behind the Iron Curtain. He met with Alexander Dubček, former First Secretary of the Central Committee of the Communist Party of Czechoslovakia, and Václav Havel, who became President of Czechoslovakia.

Professor of Patristic and Eastern Spiritual Theology, and Cardinal, and is known as one of the greatest experts in Eastern Christianity today. He has been chosen «Man of the Year, 1990» and «the most admired person of the decade» by the American Bibliographical Institute of Raleigh in North Carolina. 