



One Minute Wisdom

Anthony de Mello

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Bestselling author Anthony de Mello has earned international acclaim for his profound spiritual insights and his unique approach to the inner life. In *One Minute Wisdom*, he points the way toward new levels of contemplation and contentment, love and harmony, wisdom and enlightenment.

In more than two hundred parables and lessons about living life fully yet simply, de Mello gives examples filled with wisdom that cannot be conveyed in regular direct discourse. Rooted in the spirit of the Gospel and spanning the mystical traditions of East and West, this invigorating volume -- like all the author's previous books -- is intended to enliven our faith and free us from whatever imprisons our mind, body, and soul.

One Minute Wisdom will lead from sense to sensitivity, from mood to meaning, from thought to feeling. And as de Mello writes, "Wisdom can come without the slightest effort -- in the time it takes to open your eyes."

Wherever your spiritual belief may lie -- or even if you have no beliefs at all -- you will find in these pages needed and helpful direction on continuing the process of self-discovering and on finding the satisfying riches that lie deep within you.

One Minute Wisdom Details

Date : Published February 1st 1988 by Image (first published 1988)

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Author : Anthony de Mello

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Sara says

Besides thinking about 85% of the book is wish-to-be-witty nonsense, I find it personally offensive that the author felt the need to point out uselessness of words. If he knew the power words had, his book probably wouldn't suck as much.

Siska says

Finally finished reading the book, though I wished it to be impossibly never-ending. Each page is illuminating, beautiful and close to the Heart.

Jone says

Simple pointers taking as to a deeper level of consciousness.

kurp says

O tyle lepsze od "Potęgi podświadomości" (spójnego wykładu pewnej w?tpliwej doktryny), że można t? księzkę traktować jako źródło krótkich, inspirujących, momentami naprawdę interesujących myśli/aforyzmów.

Cura Animarum says

Purchased a few years after reading 'Awareness' I bought it because I didn't quite get enough of DeMello's little teaching tales and parables he had sprinkled throughout 'Awareness' now I have hundreds and each one brings a new perspective and new challenge.

Zamuel Gutierrez says

Te ilumina

Al leerlo me cayeron muchos veintes de cosas que he vivido, encontrando errores y aciertos y definitivamente detonando una búsqueda para vivir mejor y compartirlo con otros.

Andreas Aris says

Anthony de Mello is one of my favorite writers. Spirituality teachings in a simple and humorous way. Thank you, pater Anthony!

Mengran Xu says

We all like stories, short stories, short stories which cultivate wisdom. ?Just because we are too busy to stop for a while. ?

Well, where are you going then? What is the end of your journey? ?Nowhere, perhaps. ?

Why not slow down for a moment and enjoy the beauty on the side of your road? ?You will find life worth living afterwards. One minute is just enough, believe me.

Now, if you are willing to give a try, read the following stories and see what you can make out of them. A smile is better than anything.

1. RICHES

?"How would spirituality help a man of the world like me?" said the businessman. ?

"It will help you to have more," said the Master ?"How?"

"By teaching you to desire less."

2. FLOW ??

?When it became clear that the Master was going to die, the disciples were depressed. ?

Said the Master smilingly, "Don't you see that death gives loveliness to life?" ?

"No. We'd much rather you never died."

"Whatever is truly alive must die. Look at the flowers; only plastic flowers never die."

Want two more stories?

3. CLARITY

"Don't look for God," the Master said. ?"Just look--and all will be revealed."

"But how is one to look?"

"Each time you look at something, see only what is there and nothing else."

?The disciples were bewildered, so the Master made it simpler: ?"For instance: When you look at the moon, see the moon and nothing else." ?

?"What else could one see except the moon when one looks at the moon?"

"A hungry person could see a ball of cheese. A lover, the face of his beloved."

?4. LIBERATION

?"How shall I get liberation?"

"Find out who has bound you," said the Master.

The disciple returned after a week and said, ?"No one has bound me."

"Then why ask to be liberated?"

?That was a moment of Enlightenment for the disciple, who suddenly became free.

?Is one minute too short for wisdom? ?One last story to share.

?"Is there such a thing as One Minute Wisdom?"

"There certainly is," said the Master.

"But surely one minute is too brief?"

"It is fifty-nine seconds too long."

To his puzzled disciples the Master later said, "How much time does it take to catch the sight of the moon?"

"Then why all these years of spiritual endeavour?"

"Opening one's eyes may take a lifetime. Seeing is done in a flash."

Did any of the story make you smile? Hope these stories could accompany you throughout the life journey.

Tuomo says

Yhden minuutin filosofiaa on ajatuksia herättävä kirja, joka on tarkoitettu luettavaksi mietiskellen, makustellen ja pohtien. Kirjan "päähenkilö", "opettaja", avaa oppilaidensa maailmankuvaa vertauksin ja tarinoin sekä kertoen välillä jopa sarkastisen vitsikkäitä sutjautuksia kommentoidakseen "luulen tietäväni" - tyyppisten hengellisten johtajien aivoituksiin. Mielenkiintoinen teos, jonka avulla lukijakin voi parantaa omaa, usein jollakin tavalla rajoittunutta maailmankuvaansa.

Eräs lempikohdistani:

"Filosofi esitteli opettajalle pitkään 'objektiivista totuutta':

Opettaja sanoi: Se, mitä tiedät, ei ole todellisuutta, vaan käsityksesi siitä. Se mitä koet, ei ole maailma, vaan oman mielesi tila"

Cait • A Page with a View says

It's fun to see all of the different ways the same core concepts can be explained or conveyed throughout different cultures and times. There are some good parables in here!

David Jones says

I appreciate all the story collections of Anthony de Mello. These collections were the inspiration for me to assemble For the Love of Sophia. David W. Jones

<https://www.goodreads.com/book/show/1...>

Zsolt says

I read the ebook version 2 times and the original many times. Every time I understood more and more of his stories and they were in some ways helpful along my spiritual journey and useful to help others get out of their hollow and dark box in which they lived.

Rick says

Small doses of thought-provoking wisdom.
