



Coming Home to Your True Self: Leaving the Emptiness of False Attractions

By Albert Haase OFM

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"God is at home. It is we who have gone out for a walk." --Meister Eckhart In *Coming Home to Your True Self*, Albert Haase invites you to return home--and shows you the way to get there. "Home," he writes, "is the sacrament of the present moment. It is only living right now, right here, that we discover our lives and this world awash in the grace of God." Using the story of the prodigal son to illustrate the far country of our false self and the way back home to our true self in Christ, Haase introduces us to the spiritual disciplines that can help us find the path home to the Father. Rich with insights from Haase's experience as a spiritual director, this is a book for the weary, the lost, the regretful and guilty--essentially, a book for us all. No matter how long you've walked, God is still home.

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Coming Home to Your True Self: Leaving the Emptiness of False Attractions By Albert Haase OFM Bibliography

- Sales Rank: #387384 in Books
- Brand: Haase, Albert
- Published on: 2008-05-18
- Original language: English
- Number of items: 1
- Dimensions: 8.25" h x .60" w x 5.50" l, .53 pounds
- Binding: Paperback
- 180 pages

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Editorial Review

From Publishers Weekly

Home is where the heart is would be a good tag line for this collection of sage, prayerful advice from Franciscan author Haase. Our true home, posits the author, is with God, and yet Christians continually ramble off to unhealthy environs, much like the Prodigal Son in the New Testament. To counter this tendency, Haase prescribes a contemplative approach to life as a way to reclaim the grace of the present moment. He sprinkles examples through the book of people who have sought his spiritual counsel in desperate moments. These help bring his simple but wise spiritual maxims to life. Human beings have the potential to act out of anger and self-centeredness, but also hold a profound capacity for forgiveness, love and compassion. This is Haase's main point—that we can always return home to a loving God who desires us, and that we need not stay on a path of poor choices and dead ends. Especially helpful are the practical suggestions he compiles about modes of prayer and spiritual direction. (*June*)

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Review

"Haase's book provides a wonderful frame for the spiritual journey, a very helpful summary and collection of wisdom from the Christian tradition, as well as examples from Haase's own spiritual direction practice. Here is a book for the troubled, the lost, the weary, the regretful, the guilty, and the hopeful—all who are longing to come home and to be at home with God, themselves, and others." (Douglas H. Gregg, *Presence*, December 2008)

"Highly recommended for anyone who longs for a deeper relationship with God and his/her neighbor." (John B. Shewmaker, *Catholic Library World*, December 2008)

"Haase very skillfully and with great reader friendliness offers today's Christ followers a lovely, gently presented compilation of ancient spiritual traditions written in contemporary style. Extremely practical and inspirational, readers from all walks and stages in the spiritual walk will find this material refreshing and instructional." (Michele Howe, *FaithfulReader.com*, July 2008)

"'Home is where the heart is' would be a good tag line for this collection of sage, prayerful advice from Franciscan author Haase." (*Publishers Weekly*, April 21, 2008)

"Haase is a wise and winsome guide for the spiritual life and his book is a helpful companion for the journey of coming home to the true self." (Ruth Haley Barton, author of *Sacred Rhythms*)

"It occurred to me while reading this lovely book that Albert Haase is a wise and seasoned Christian man. It comes through in page after page. This book is informed, insightful and practical, everything you want a book on spirituality to be. Haase knows the subject so well that he writes from the inside, making it simple and clear. *Coming Home to Your True Self* made me want to do what the title says—find my true self in God. But more than that, it helped me make progress to that end." (Gerald L. Sittser, author of *A Grace Disguised and Water from a Deep Well*)

"I believe *Coming Home to Your True Self* will be a significant blessing for those who hunger for a genuine spiritual journey." (From the foreword by M. Robert Mulholland Jr., author of *Invitation to a Journey*)

"Albert Haase has captured the simple essence of the spiritual life in this readable treatment that flows easily from Jesus' parable of the prodigal son. Illustrating his points with lively personal stories, Fr. Haase illuminates such classical spiritual terms as *detachment*, *discernment* and *penance*, making them live for the modern reader. He draws deeply on the teaching of Jesus and shows us how to 'come home' to our true selves. A fine guidebook for those who long for a deeper relationship with the Lord." (Emilie Griffin, author of *Doors into Prayer: An Invitation*)

"This is practical and profound spiritual guidance! If we do not clarify some of these foundational issues, there will be no real flourishing in our search for God. Albert Haase makes very substantial ideas readable, personal and even adventuresome. What a good Franciscan!" (Richard Rohr, O.F.M., Center for Action and Contemplation and author of *Everything Belongs*)

"Franciscan Albert Haase has done it again. *Coming Home to Your True Self* will receive a . . . warm reception from his readers, since it is steeped in the mystical tradition of the West from the Christian Scriptures to the desert dwellers of Egypt, and then through the Franciscans and the Dominicans, especially Meister Eckhart, which is becoming so popular with those seeking God in journeys of faith and love. It is highly recommended to all who seek the one thing necessary." (Br. Patrick Hart, O.C.S.O., Abbey of Gethsemani)

About the Author

Albert Haase, O.F.M. (Ph.D., Fordham University; M.Div., Catholic Theological Union), is a popular preacher, spiritual director and co-host of the weekly show, "Spirit and Life," heard on RelevantRadio.com. He is also director of the International Institute for Clergy Formation (Seton Hall University). He is author of *Living the Lord's Prayer: The Way of the Disciple*, *Instruments of Christ: Reflections on the Peace Prayer of Saint Francis of Assisi*, and *Enkindled: Holy Spirit, Holy Gifts* (with Bridget Haase, OSU). He is a former missionary to mainland China. Visit his web site at AlbertOFM.org

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