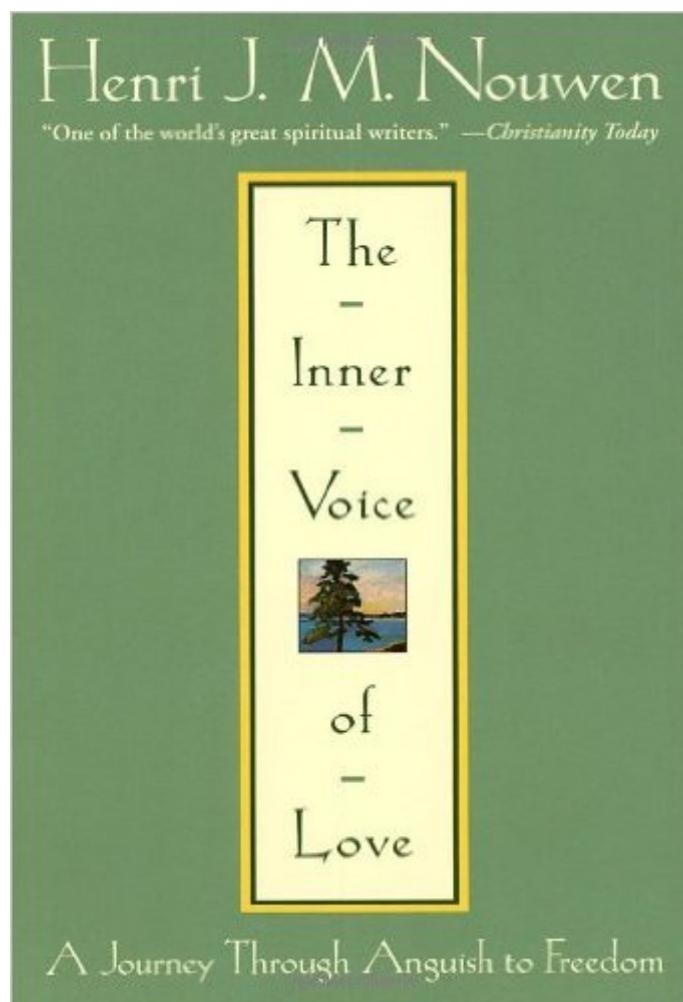


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# The Inner Voice Of Love: A Journey Through Anguish To Freedom



## **Synopsis**

This is Henri Nouwen's "secret journal." It wasÂ Â written during the most difficult period of his life, when he suddenly lost his self-esteem,Â Â his energy to live and work, his sense of being loved, even his hope in God. Although he experienced excruciating anguish and despair, he was still able to keep a journal in which he wrote a spiritual imperative to himself each day that emerged from his conversations with friends and supporters. For more than eight years, Henri Nouwen felt that what he wrote was too raw and private to share with others. Instead, he published *The Return of the Prodigal Son*, in which he expressed some of the insights gained during his mental and spiritual crisis. But then friends asked him, "Why keep your anguish hidden from the many people who have been nurtured by your writing? Wouldn't it be of consolation for many to know about the fierce inner battle that lies underneath so many of your spiritual insights?" For the countless men and women who have to live through the pain of broken relationships, or who suffer from the loss of a loved one, this book about the inner voice of love offers new courage, new hope, even new life.

## **Book Information**

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## **Customer Reviews**

This book is an honest journey of the human experience and enables one to understand the meaning of life. It is very useful to all adults whether one is dealing with first hand depression or someone close to you is. He is able to reach the inner most sensitive parts of every human being and give comfort where there is pain. This is a book that needs to be kept out so one can read it at anytime, any chapter. It shows how going through very painful periods in this physical world lead to peace and valuable information that needs to be shared. It looks at life through very healthy eyes

with God as our director. I don't think anyone could possibly read this book and not feel hopeful afterwards.

You do not have to be Catholic to learn from and appreciate what Henri Nouwen has to say. He will touch your soul. Denominational differences are moot. You do not have to be suffering from personal anguish to relate to Nouwen's words. His hunger for relationship with others and God are part of the common human experience. This book is a gift of "words". Words we have, at one time or another, tried so inadequately to find to explain our hunger to ourselves. Read it piece by precious piece and keep going back to it. It will keep you in touch with your own humaness, sensitive to the humaness of others, it will sand away the callouses of life and help you to focus on what is really of value.

I loved this book, and bought several for those with some struggle they were working through in their lives. This passage so completely touched me and speaks to much of the message in Nouwen's writings:from "Live Your Wounds Through" passage:You have been wounded in many ways. The more you open yourself to being healed, the more you will discover how deep your wounds are... The great challenge is living your wounds through instead of thinking them through. It is better to cry than to worry, better to feel your wounds deeply than to understand them, better to let them enter into your silence than to talk about them. The choice you face constantly is whether you are taking your wounds to your head or you heart. In your head you can analyse them, find their causes and consequences, and coin words to speak and write about them. But no final healing is likely to come from that source. You need to let your wounds go down to your heart. Then you can live through them and discover that they will not destroy you. Your heart is greater than your wounds.

Once again, Henri Nouwen brings us closer to his own heart and to the heart of God. His journey, a journey of anguish, leads ultimately to freedom. As he wrestles with the God who formed him, with the inner struggles that shape him, with the world that confines him, he struggles to fuller understanding of self, and in the process, a fuller understanding of God. For this reader, I am fortunate to have spiritual guides like Nouwen who have led me through the valley to the bright morning of renewed strength, of victory over the darkness of the closet, and of freedom in the spirit of Christ. When I read the chapter on 'Bringing your Body Home to God,' I had the most intense spiritual experience of my life, as I brought what I had seen, up to that time, as my imperfect body,

the body of a gay man, home to God and had him receive me "Just as I Am," His child, created to enjoy His world and His gifts. There is no question that one of those gifts is Henri Nouwen. I encourage any reader who is suffering the anguish of darkness in his or her spirit -- pick up this little book and let your journey move forward to resolution. Freedom has a price, but the joy far outweighs the costs!

As someone who suffers with depression and wrestles with spiritual issues, this book has touched me like no other. It took me several days just to get past page three. Each small meditation is an incredible truth that could drastically change a life. I will be reading and re-reading these thoughts until they are ingrained in me, until I can call them to my mind and work them out in my life. These reflections will ring true in your heart, and they will call to your long-lost inner voice of love and guidance. Spiritual tensions make sense here, they have a place, an ordered place in personal life. I struggle with the sadness and the promise of joy; I struggle with the darkness and the light, with my needs and the Giver. And this book brings discordant parts of our lives into harmony with one another. It helps me make sense of my life and myself. And that is a true gift.

Wow...Let me say it again: WOW!!! This book will change you. It does not matter who you are or what your story is...if you are a human being...this book will change you. Stop reading this review for a moment. Go buy the book. Come back and I will tell you more:OK then. Now that you have purchased a copy (if you haven't I'm serious-go do it) lets talk about the book you will soon posses---or should I say will soon posses you. This book is amazing. It is the chronicle, told with heartbreakingly honest, of one man's ascent from darkness to light; from death to life...from nothingness to the arms of God. This is not a story however. There is no narrative. It is a collection of spiritual imperatives that Henri Nouwen wrote to himself during the worst spiritual, emotional, and psychological crisis of his life. Each one drips with meaning. Each imperative is soaked in the power and grace that can only come from passing through the fire of human suffering. This stuff is what was left at the end of each day Henri spent in the refining fires of his struggles. There is no dross here. God has clearly spoken here in and through this man. Get this book and listen to what He has to say.

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