

“ A REDISCOVERY OF LIFE”

*The Teachings of Anthony de Mello,
A Modern Day Mystic*

with Richard Hennessey, LCSW

Anthony de Mello, a native of India, was a Jesuit priest, psychologist, spiritual director, and modern day mystic. His teachings were thought provoking and quite radical. He drew from many diverse spiritual traditions, especially melding Buddhism with Christianity. “Without doubt...the most significant change that came into Tony's teachings was the introduction of Vipassana meditation.” (Bill de Mello) Tony was not quite 56 years old when he died in 1987.

Tony de Mello taught through retreats, workshops, seminars, and books, most of which were published posthumously. Known for his warmth, wit, and wisdom, he did much of his teaching through stories. Several of his books are of story meditations, which he recommended be “read no more than one or two at a time.” The essence of his teachings has been likened to that of *A Course In Miracles* due to his emphasis on “love.” As Tony said: “The best religion in the world is the religion called 'love'....There is only one need: the need to love.”

“A Rediscovery of Life” is a video of the last seminar Tony gave in the U.S. before he died. Sunday evening May 24 will be an introduction to de Mello and his work including story meditations and Part I of the video, followed by discussion. Subsequent Sundays will continue with the remaining three parts of the video, story meditations, and discussion. In addition to including some of Tony's stories, each evening will incorporate a few minutes of meditation, as meditation and prayer were integral parts of his teachings.

Richard Hennessey, LCSW, is a psychotherapist in Honolulu and a teacher of Mindfulness Based Stress Reduction (MBSR). He has practiced psychotherapy for over 35 years and mindfulness meditation for over 25. He has taught MBSR since 1994, locally since 2008 at the Bodhi Tree Meditation Center, Chinatown Peace Center, Unity Church, and for the Army health care staff at Schofield Barracks. Richard discovered Anthony de Mello over 20 years ago and in 1999 began offering workshops on de Mello’s teachings based on “A Rediscovery of Life.”

Books by Anthony de Mello:

Awareness: The Perils and Opportunities of Reality

The Heart of the Enlightened: A Book of Story Meditations

One Minute Wisdom

Sadhana: A Way to God

The Song of the Bird

Taking Flight: A Book of Story Meditations

Walking on Water

The Way to Love: The Last Meditations of Anthony de Mello

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