



Four Steps to Spiritual Freedom

Thomas Ryan

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An intimate story of the author's own faults and doubts and questioning, and his ongoing struggle to live the four steps to spiritual freedom, form the basis of this literate, well-conceived spiritual guidebook. Thomas Ryan outlines the four steps to spiritual freedom: Know Who You Are; Live Your Calling to the Full; Let Go of Results; and Daily Re-Dedicate Your Life to God.

This wise and passionate book is full of practical examples and instructions and includes numerous quotations skillfully blended within the text, from Jungian psychology to Zen, from modern-day popular authors to historical spiritual personages. This book explains and demonstrates contemplative prayer, eastern meditation, and Christian meditation; teaches an ongoing focus on both attention and intention in spiritual life; includes the practice of communal prayer as well as individual prayer. For anyone on a spiritual path in the midst of daily life and work, *Four Steps to Spiritual Freedom* offers carefully and lovingly delineated guideposts along the way.

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