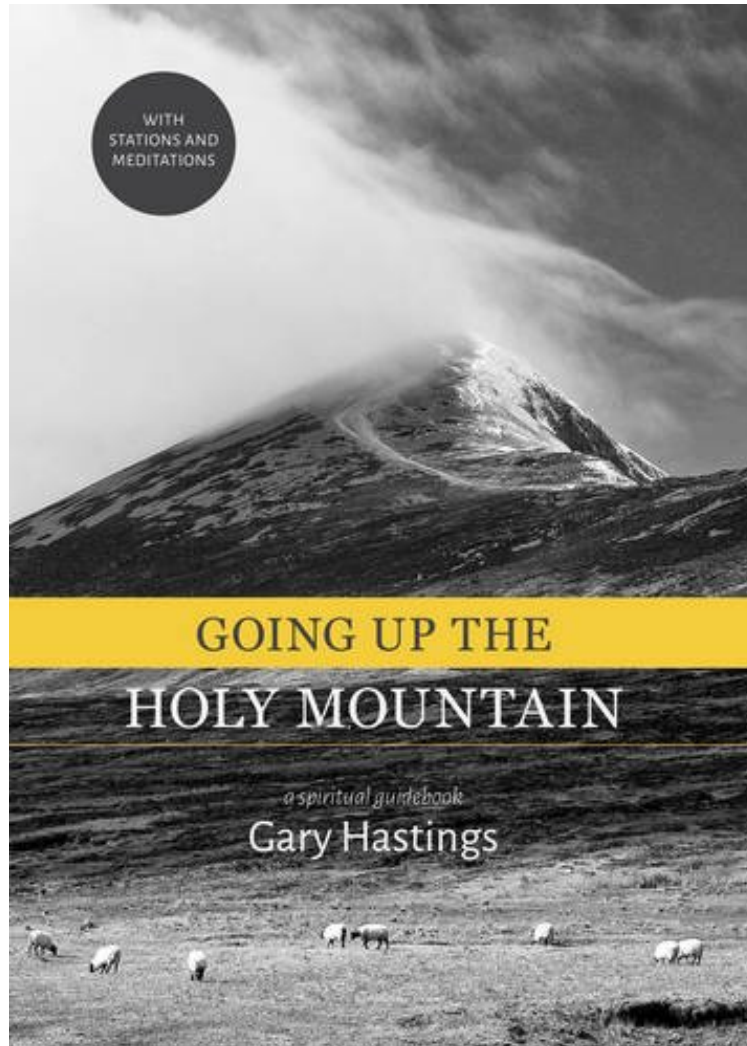


# Going Up the Holy Mountain: A Spiritual Guidebook

*Garry Hastings*

*ebooks | Download PDF | \*ePub | DOC | audiobook*



[Download](#)

[Read Online](#)

#4018908 in Books 2015-11-20Original language:EnglishPDF # 1 9.00 x 1.00 x 6.30l, 1.05 #File Name: 1782181792272 pages | File size: 53.Mb

**Garry Hastings : Going Up the Holy Mountain: A Spiritual Guidebook** before purchasing it in order to gage whether or not it would be worth my time, and all praised Going Up the Holy Mountain: A Spiritual Guidebook:

1 of 1 people found the following review helpful. One of the best Books to me in the last year!!!By Richard W. SmithGoing Up the Holy Mountain by Gary Hastings is one of the best books Ive read this past year. Having returned from our second visit to the West Coast of Ireland where we saw Crough Patrick every day I picked up this book (the last copy) at a small Westport bookstore because of the cover picture and then checking out the content of the book after the owner reached the book from the window and handed it to me.Hastings introduction to the various disciplines of prayer, meditation, and pilgrimage were very engaging (his humor was great) and understandable for any reader. The history of Crough Patrick as well as Irish spirituality (Celtic) was helpful too. The first 150 pages get you up to

speed on what this Pilgrimage is as a spiritual practice and then the last half of the book gives you a variety of Stations that are helpful if you need resources for your Pilgrimage. I highly recommend this book for people interested in spirituality whether you are part of the Christian Community or simply interested in connecting deeply with reality. Hastings is a clergy from the Church of Ireland and pastors a congregation in Galway, Ireland.

This book is about a real mountain, Cruach Phadraig, or the Reek, in the West of Ireland, and its possibilities as a spiritual resource. But the book can be about a number of other mountains as well. It can be about the Mountain which stands for our lives, our growing up and maturing, growing old and dying. It can be about the Mountain which is our spiritual life, growing in spiritual maturity and insight, wisdom and clarity, as we progress towards God.