

The Celtic Soul Friend: A Trusted Guide for Today

Edward Cletus Sellner



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"Anyone without a soul friend is like a body without a head," St. Brigit once said. What was true for Brigit in fifth century Ireland is all the more true for us in the complex and increasingly cynical world of the twenty-first century

To be a soul friend, Edward Sellner reminds us, "is to provide a place of sanctuary to another where, through our acceptance, love, and hospitality, he or she can grow in wisdom, and both of us in depth." With deep personal conviction and with lively scholarship, Sellner describes the history of the anamchara or soul friend and the early Celtic Church out of which it arose. He leads us on a lively exploration of the ancient Druids and the early desert monks of Egypt, whose traditions and practices were the foundation of soul friendship. He shares with us the unique qualities of soul friendship in the lives of great saints like Ita and Brendan, Brigit and Patrick, and Ciaran and Kevin. And he offers a profound portrait of the Celtic spirituality out of which the anamchara emerged, a spirituality with a deep appreciation of nature, a respect for women's gifts and leadership, and a holistic perspective on the relationship of the mind and the body. The Celtic Soul Friend will be lively and informative reading for anyone interested in the rich tradition of spiritual direction and companionship, as well as the roots of mentoring and support groups. Sellner's description of Celtic spirituality offers a vision of Christianity that cuts across denominational and ethnic boundaries and speaks to the hearts of contemporary Christians of all backgrounds.

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