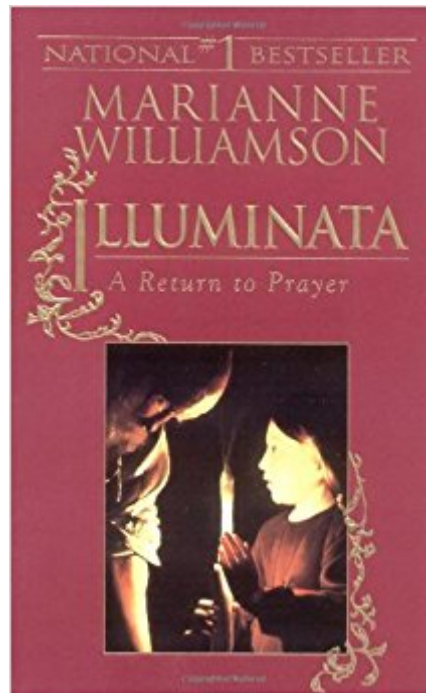




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Illuminata: A Return To Prayer



Synopsis

Marianne Williamson's bestselling *A Return to Love* ended with a prayer in which she asked God to help us "find our way home, from the pain to peace, from fear to love, from hell to Heaven." Now, in this stunning new collection of thoughts, prayers, and rites of passage, Marianne Williamson returns to prayer. Prayer is practical, Williamson tells us. "To look to God is to look to the realm of consciousness that can deliver us from the pain of living." *Illuminata* brings prayer into our daily lives, with prayers on topics from releasing anger to finding forgiveness, from finding great love to achieving intimacy. There are prayers for couples, for parents, and for children; prayers to mend broken relationships and prayers to overcome obsessive and compulsive love. There are prayers to heal the soul, prayers to heal the body, and prayers for work and creativity. Williamson also gives us prayers for the healing of America, including two prayers that have had powerful effects on audiences at her lectures: a prayer of amends on behalf of European Americans to African-Americans and one to Native Americans. How, Williamson asks, can we expect anyone to forgive when we have made no formal apology? Another section includes rites of passage, ceremonies of light for the signal events in our lives: blessing of the newborn, coming of age, marriage, and death. There is also a ceremony of the elder, for moving into midlife, and a ceremony of divorce, in which a gentle transition is provided for both the couple and their children. "Read my prayers or someone else's," Williamson says. "By all means, create your own." *Illuminata* is a way to bring prayer into practical use, creating a sweeter, more abundant life for yourself and the people you care for. "No conventional therapy," she says, "can release us from a deep and abiding psychic pain. Through prayer we find what we cannot find elsewhere: a peace that is not of this world."

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Customer Reviews

Prayer "...changes people at a cellular level, and with each one who changes, others are brought miraculously closer to enlightenment." Prayer thus can save the world. Marianne Williamson, celebrated author of *A Return to Love*, meditates on the nature of prayer and its collective power in this commentary, and offers actual prayers that address our hopes and struggles. The first part of *Illuminata* expresses the inimitable Williamson conviction in the collective spiritual revolution at hand. "We seek to replace an old, oppressive order, not so much politically or socially, but within our minds where it lives and works," she writes with unbridled energy and urgency. Although her examples of individuals who exemplify this change can be daunting, still they offer vivid pictures of human courage and generosity. For instance, she cites the character played by Ben Kingsley in *Schindler's List* as exemplifying selfless acts of generosity in a tormented world. This suggests that her book is a kind of path through human spiritual evolution. Indeed, for Williamson, illumination is "...the spiritual tunnel through which the soul finds its way out of ego-bound darkness into mystical light." We are reminded that the purpose of prayer is not to gain an object of desire, or relief from one's hounding problems, or even results that are particularly discernible. The purpose is to experience God. To that end, Williamson offers seven sections on prayers, making this a practical text as well as a spirited commentary. The reader will find a vast range of prayers--daily; celebratory; those that seek relief from depression and despair; prayers for ritual; and prayers that expand into the larger realm of social justice (such as "Amends to the Native American"), demonstrating Ms. Williamson's ongoing commitment to join the political and the spiritual.

Marianne Williamson's bestselling *A Return to Love* ended with a prayer in which she asked God to help us "find our way home, from the pain to peace, from fear to love, from hell to Heaven." Now, in this stunning new collection of thoughts, prayers, and rites of passage, Marianne Williamson returns to prayer. Prayer is practical, Williamson tells us. "To look to God is to look to the realm of consciousness that can deliver us from the pain of living." *Illuminata* brings prayer into our daily lives, with prayers on topics from releasing anger to finding forgiveness, from finding great love to achieving intimacy. There are prayers for couples, for parents, and for children; prayers to mend broken relationships and prayers to overcome obsessive and compulsive love. There are prayers to heal the soul, prayers to heal the body, and prayers for work and creativity. Williamson also gives us

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Several years ago while watching Oprah I discovered this amazing book. I bought the book and now have it safely by my bedside. I pick it up on a daily basis and read..something..I cannot believe how much this book has helped me in my daily life. I have also bought the book and given it to several of my friends as gifts because it truly has something for everybody in it. I have also read all the rest of Marianne's books which are also very good but this one is just too good for words. I have Fibromylgia and live in constant pain each and every day but this book always lets me know that there is hope. All I can say it Thank You Marianne and please keep writing and if you ever come to the state of Washington I would love to hear you speak.

I was given this book many years ago by a very wise woman. I would recommend it to anyone who looks for moments of peace and strength in these trying times. I use this book often and just bought two copies to give to adult children who are now navigating difficult parts of life and trying to find their way. They have not given me feedback.....but I suspect that one day they will say "DAD, thank you, great gift!" Marianne Williamson is someone special.

A Brilliant resource! In times of trouble and gratitude we turn to prayer. This book is a treasure trove of prayer. It helped me to pray my way out of feelings of disorientation and grief. It was and is a blessing.

This book was purchased on a whim and am I glad I did! It's well written and spoke directly to me. I like the prayers within. I often have a hard time expressing myself through prayer and this helped

me focus my thoughts. It's calming to read. I think it would appeal to anyone who wishes to focus their prayers and strengthen their relationship with the divine. Even though her prayers begin with "Dear God" they could easily be adapted if the reader wanted to.

A wonderful addition to my library that really inspired me to pray on a regular basis. I can't tell you how invaluable this book has been in my life. If you feel called to pray but you sometimes have trouble "developing" your own prayers, Marianne can help steer you in the right direction.

Bought this book for a friend. A friend gave me a copy years ago and I LOVE it Marianne Williamson is a remarkable person and a fantastic and engaging, a natural speaker.

Illuminata: A Return to Prayer LOVE this book and Marianne. She has helped and aided in healing me through the prayers in "Illuminata". This both helped me get through so many hard times in my life over the last few years -- and helped in the renewal of my relationship with G-d at the same time. Marianne reminded me that truly loving someone is forgiving them and possibly having to let them go - and letting them go with love, forgiveness, protection and blessings.

This book is true spiritual classic for our generation. A real keeper and also a great gift for anyone of ANY faith. Or for that matter any one who is trying to cultivate more faith for themselves and others going through hard times. Sometimes wise words are the best healing balm of all. The best reset button for a broken heart. Marianne is an extremely gifted writer that bridges intelligence and love like no other in our time. This book has helped me to personalize my dialog with God and contains beautiful real prayers for all aspects of life. Helps me to keep my connection to God real and vital. It takes me out of my head and back into my heart which is where life is best lived. I have also noted that many men who have been touched and even changed direction in their lives after reading this book. I find that very special. Thank-You Marianne. PS I don't love the audio version only because the music they put in the background is so cliché and distracting and unnecessary. For what it's worth. Thanks.

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