



The Anchor

Book Review

By Dan Beauchamp

Humility and The Elevation of the Mind to God

by Thomas A Kempis (1380-1470)

...is a wonderful collection of writings by one of the Catholic Church's most revered and beloved spiritual authors. For the first time in English, this beautiful 100 page hardcover publication by TAN Books reprints for you *Opera Omnia Thomae A Kempis*, originally published in 1601. This includes Thomas' short essays "Humility" and "The Elevation of the Mind to God" as well as "Devout Prayers". To top it all, this exquisite TAN edition also includes a short biography originally published in 1654: "The Life of the Venerable Thomas A Kempis" by Heribert Roswed, S.J.

Divided into seven small parts, the readers will enjoy the 11 page essay "Humility". In it, Thomas offers a commendation of humility, which is the foundation of all virtues. Starting with the words of our Lord: "Learn from me, for I am meek and humble of heart", the author starts us on the journey of seven lessons in humility, the first being: Humility of Heart! He explains, through this essay, the beauty of this virtue and how without humility there is neither salvation nor real virtue. He also tells us how one can attain and practise this virtue by the teachings of Our Lord and the saints and how one is to guard and protect it from the enemy of our souls.

In the 32 page essay "The Elevation of the Mind to God", Thomas requests from God, in the form of various beautiful prayers, the wonderful graces that his mind may be freed from the bondage to the things of the physical senses and of detachment from all earthly things. He then proceeds to ask our Lord for progress and perseverance in the virtues, true and tearful contrition for sins and for patience in times of tribulation and anxiety of heart. In his search for the way that leads to eternal life, he prays an exhortation to the

soul for humility and compunction, for the attainment of love of virtue and abhorrence of vice, and of following and knowing the way that leads to eternal life. He crowns his essay with a beautiful prayer of salutation to our Lord Jesus Christ.

In "Devout Prayers", Thomas writes 53 pages of the most heartfelt prayers to our Lord Jesus Christ and the Blessed Virgin Mary, the Apostles and saints of the Catholic Church. Through various petitions, he reveals a most touching piety and devotion to the members of the celestial court, especially the Queen of Heaven whom he held particularly dear to his heart.

I highly recommend this book for those who wish to learn more about the life and writings of Thomas A Kempis, the author of *Imitation of Christ*.

I recommended it also for those who have a desire to grow in the spiritual life and practise the attainment of that crown jewel of all virtues: humility! Come and visit St. Clement Gift Shop and Bookstore to purchase or order your copy today!

"Into the Kingdom of Heaven will enter only the humble one, who is filled with supernatural charity and humility according to the example of Christ." -Athanasius Schneider, Auxiliary Bishop of Saint Mary of Astana.

