

# Meister Eckhart: Mystic of the Heart

Meister Eckhart (c. 1260 – c. 1328) was a German Dominican friar, theologian, and mystic. He is best known for his teachings on the soul's journey to union with God, which he believed could be achieved through a path of self-knowledge and love.



## Meister Eckhart's Book of the Heart: Meditations for the Restless Soul by Jon M. Sweeney

★★★★☆ 4.8 out of 5

Language	: English
File size	: 4662 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 244 pages
Lending	: Enabled



Eckhart's teachings were controversial in his day, and he was eventually condemned by the Church for heresy. However, his writings have continued to inspire seekers of truth and spiritual growth for centuries.

## The Journey to God

Eckhart believed that the soul's journey to God is a journey of self-knowledge. He taught that the true self is beyond the ego, and that we must learn to let go of our ego attachments in order to find our true selves.

Eckhart also taught that the soul's journey to God is a journey of love. He believed that God is love, and that we can only find our true selves by loving God and our fellow human beings.

## **The Nature of God**

Eckhart believed that God is beyond all human understanding. He taught that God is not a person, but rather a pure being that is beyond all distinctions.

Eckhart also taught that God is present in all things. He believed that God is not separate from us, but rather that we are all part of God.

## **The Way of the Mystic**

Eckhart believed that the way of the mystic is a way of poverty, humility, and detachment. He taught that we must let go of our attachments to the world in order to find God.

Eckhart also taught that the way of the mystic is a way of silence and contemplation. He believed that we need to find a quiet place in our hearts where we can listen to God's voice.

## **The Legacy of Meister Eckhart**

Meister Eckhart's teachings have had a profound impact on Christian mysticism and spirituality. His writings have inspired countless seekers of truth and spiritual growth.

Eckhart's legacy is one of love, compassion, and wisdom. He taught us that the true self is beyond the ego, that God is love, and that the way to God is a journey of self-knowledge and love.

## Further Reading

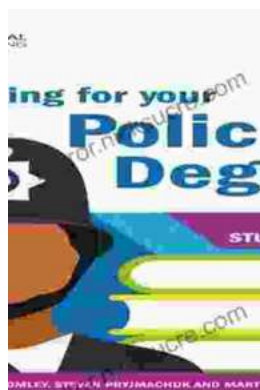
- Meister Eckhart at the Catholic Encyclopedia
- Meister Eckhart: Selected Writings
- Meister Eckhart: The Essential Writings



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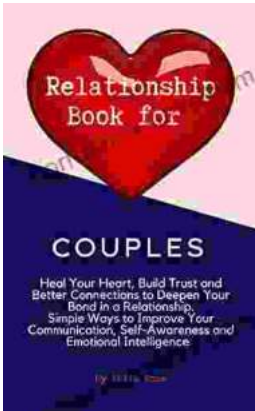
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