



A Desert in the Ocean: The Spiritual Journey According to St. Brendan the Navigator

David Adam

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Do you really want to launch out into the deep for the love of God? Are you ready to risk and adventure, to extend your life and put your faith in God? ... Have you heard the voice that asks you to seek a desert in the ocean? There is no doubt that God is calling you, writes David Adam in his thoughtful new work of spirituality. Some of the questions, he continues, can be found in a Celtic poem often credited to St. Brendan the Navigator. Using the poem as a guide to our own call and adventure, Adam invites readers along on the voyage of Brendan. He comments on extracts from the poem, and at the end of each chapter offers a series of exercises and actions we can take to discover our own desert in the ocean, and the promised land that is there for those willing to venture. Lovers of Celtic spirituality, and those who are new to it, will be intrigued and edified by this fascinating application of a saint's life to spiritual growth.

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