

a Christian approach to Hindu spiritual interiorization will effectively produce *Brahma-Anubhava* (God-experience) leading to *Brahmaprapti* (God-realization) and *Atma-sakshatkar* (self-realization).

A large section of the book is devoted to great Christian mystics and spiritual guides of the modern period. St. Theresa of Avila gets the lion's share among these with five articles (Kaipanplakal, Kolencherry, Ephrem and Fernandes). Then comes Francis de Sales with three articles (Mayoraz, Mookenthottam and Moget). Other studies are on Ignatius of Loyola (Neuner), Margret Mary Alacoque (Rosakutty Kapen), Teilhard (de Marneffe), Francis of Assisi (Deenabandu). These models are brought to a culmination with 'Mary, Mother of Contemplation' (Ephrem).

The concluding chapters are by the editor himself who first writes on the nature of God-experience (from Christian and Hindu perspectives) and various pre-requisites for attaining it, followed by two chapters on some of the means as found in Hindu tradition (*Sadhana Chatustaya* and *Astanga Yoga*). The practice of these means leads a *yogin* (devotee) to a Christian 'advaidic' consciousness of 'One Reality' (final chapter): 'For me, to live in Christ', 'Unless the wheat dies it cannot produce life'.

A few points of criticism I would like to offer are the following: Perhaps the early Christian spiritual writers could have been given some attention; so, too, the Eastern Christian spiritual tradition. Only one item appears along these lines, the 'Jesus Prayer' (de Mello), perhaps because of the popularity it has gained in modern times. Except in two or three articles, a scientific approach is not quite apparent. The photos and letters of different persons given at the beginning of the book do not seem appropriate to this type of a book—they rather give it the appearance of a souvenir. But these are minor defects. The book is refreshing to read and its inspiration comes from Puthenkulam, the Director of Fransalian Vidyaniketan, Kamagaon, an institution dedicated to the task of discovering the Christian soul of religious India.

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