



## **The Mist-Filled Path: Celtic Wisdom for Exiles, Wanderers, and Seekers**

*Frank MacEowen, Tom Cowan (Foreword)*

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**The Mist-Filled Path: Celtic Wisdom for Exiles, Wanderers, and Seekers** Frank MacEowen , Tom Cowan (Foreword)

MacEowen shows how embracing the indigenous wisdom of Scotland and Ireland can lead to healing and transcendence. Using his own travels and teachings along with Celtic stories and myths, he explores how to find a personal spirituality that also works for the greater good.

## **The Mist-Filled Path: Celtic Wisdom for Exiles, Wanderers, and Seekers Details**

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Author : Frank MacEowen , Tom Cowan (Foreword)

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## **From Reader Review The Mist-Filled Path: Celtic Wisdom for Exiles, Wanderers, and Seekers for online ebook**

### **Sky says**

This was one of those books that you happen to stumble upon in a little cafe' and it turns out to be just what you needed.

I read this book just before traveling to Ireland and Scotland, and though I have always felt very connected with the spirit of those places, this book had so many wonderful tools to draw me even deeper into the mist.

At once poetic and instructive, this book can draw you into a simply magical world.

Stress on the word 'Simply' here... because never before has this culture seemed so beautiful simple and clear.

I enjoyed the personal projects and meditations most of all, and now find myself filling the three cauldrons of my being on a regular basis.

If you like the Celtic culture, then this book is for you. Though it doesn't go very deeply into the history, which I would have liked more of. It's certainly more of a personal journey that the author shares with you. There is something eerily familiar to me about much of what he says...

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### **Bridgett says**

I really enjoyed this book and related to a lot of the spiritual beliefs, though I've never considered myself a "Celtic Christian" or anything. I liked hearing some of the mythology and cultural traits discussed, in addition to the overall spiritual exposition.

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### **Kathryn Varuzza says**

I enjoyed this book. It taught me about my Celtic roots, and it made me understand myself better. I would highly recommend it. This book is about connecting with the wisdom from the ancestors, from nature, from the mist, and our Celtic heritage, our wisdom. It includes exercises and meditations to do.

I would highly recommend people buy this book.

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### **Paula Younger says**

The Welsh have a word for it - hiraeth, or longing,

Ireland, Scotland, Wales, Cornwall, Britanny; the islands off the coast of Scotland - all places where life is a little bit different and, in many places, the spiritual world is just that little bit more accessible. And the Celtic

diaspora spreads across the world - to take one of its most modern examples, you'll find an Irish bar of some kind in most major cities around the world and many smaller towns.

If you've grown up in a city, though, trying to access your spiritual side can be a little bit confusing at first if you find yourself in a Celtic environment.

This book has lovely meditations and exercises and stories to help you access your roots, and understand some of the reasons why sometimes situations and people have the effect on you that they do.

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### **Emily says**

This was an interesting book that did not fulfill exactly what I was hoping for though. I had hoped to delve more into Celtic-Christianity specifically. The last quarter was wondrous and beautiful in its application of "mist filled path" practices of the author to Celtic-Christianity practices. I especially appreciated and loved the practices of the "Hearth Way", the "Way of the Heart" and the "Way of the Earth". The majority of the book explored the author's particular practices and personal experiences that I had a hard time relating to. The book can resonate with us all who are seeking to wake up and no longer "sleep walk" our way through our faith! It can help open our eyes to God's spirit all around us if we can accept to call him by different names and believe he will present himself in more ways than how we try to define him.

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### **Maya says**

**Updated on December 4, 2015: I can no longer really stand by a lot of this review. I've read a lot and have revised my view on "Celtic Shamanism", namely there is no such thing. I do stand by some parts of this review, mainly that the book is rich, poetic and very personal. The exercises might work for people just like they worked for me at a time in my life when I perhaps needed them to work.**

This is a book that takes you on a journey through the mysteries of you. It is a great introduction to Celtic shamanism and an easy enough book to follow even if you don't know anything about shamanism. It is rich and poetic and very personal. The author guides you through the Celtic traditions, giving you a vision of the Celtic spirituality which is warm and adventurous. There are exercises to do which don't scare the beginner and gives the advanced a good workout. The author also has a glossary at the back of the book which gives definitions of all the words that you might not know from his writings.

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### **David says**

i picked this up the other day after debating about purchasing a big ticket item that i didn't really need.... then i read the forward of this book and it spoke to me so directly. I'm really looking forward to starting this today~

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## **Sue Covert says**

Being of Celtic heritage (though not really knowing a lot about that) this book spoke to me. I went back and read it a second time

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## **Holly says**

My faith, my heart, my soul resides in the places between, in the mist. For me things are always made more poignant when the veil of mist is present. The mist signifies the very breath of magick in my life. Profound in its elegant simplicity.

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## **Penelope Douglas says**

I have a Keurig sitting in my office that I don't use. My husband gets mad about the money spent on another useless purchase, and I won't even use a typical coffee maker like my father uses.

I prefer my French Press.

So a Keurig would be faster. So a coffee maker would give me 12 cups of coffee and keep it warm for hours. A French Press doesn't do any of those things. But I've started to find the beauty in slowing the hell down and enjoying "the process" of things again. Of a few things being sacred. Boiling the water, measuring the spoonfuls, seeping the coffee, straining it, and then enjoying it.

Cooking a meal rather than rushing to pop frozen pizzas in the oven, because we have karate and homework and laundry and ...

Taking a walk and getting some fresh air rather than hopping on my treadmill (which I always say I'll find time to do but don't).

That's a big part of this book. Slowing down and reconnecting with yourself for a bit. I actually read this a long time ago in college but recently dug out the paperback to revisit some of the exercises. There are a few things that don't work for me in this book: Spirituality feels uncomfortable to me, and some of the lore is difficult to swallow, however...there were many useful parts. It is deeply personal, as the author takes you on his journey, and there are some great meditation exercises. What to do, what to think about, what objects might be personal to keep close and maintain a connection with what's important...even music suggestions.

I really enjoyed this book and refer back to it for some of the practices when I need to reset my compass again. Finding the wonder in little things and how to carve out a few minutes of quiet "me" time every day when I find I'm in a rut. A very interesting read, and it doesn't matter if you're religious, spiritual, or an atheist...you can twist everything in this text to suit you and find something great.

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### **Louis says**

Excellent book. Not as rich as I'd been hoping for, but satisfying in its simplicity. A good book to read for any who crave a deeper connection with the spirit of the world, but are frustrated by organized religion.

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### **Risa says**

The Mist-Filled Path by Frank MacEowen is about connecting with Celtic traditions and spirituality. It is partly a guide and partly the author sharing his own experiences. Frank MacEowen is a Scottish-Irish American poet and shaman from Mississippi. He was raised in a Methodist church where his father was a pastor.

I picked this book up as part of a group read on goodreads. I was also interested in learning more about Celtic spirituality because I am mostly Irish on my mother's side of the family. I was born with the flaming red hair and everything! While, religiously, I don't have a connection with the Irish gods despite trying twice, I do have a connection with my Irish-American heritage so I was interested in reading this book.

I honestly enjoyed this book for the most part. I really appreciate the author being so open about his own experiences. I felt like I could connect with some of his stories and his feelings when connecting with nature.

A longer review is at my blog.

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### **Jenna Amundson says**

I found this book on a recent visit to Powell's Book Store in my hometown of Portland, Oregon. I was not looking for it, but as I was looking at other books regarding Celtic mythology, this book pulled at me and would not let me go and so I brought it home with me. And it has shifted the trajectory of my life. Set me on a new path and I can't wait to see where this leads.

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### **Naomi says**

Filled with spiritual practices and personal narrative, *The Mist-Filled Path* is a spiritual guidebook for those feeling alienated from Celtic spiritual traditions, and seeking to understand those spiritual traditions as ones deeply connected to the land.

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### **Spider Goddess says**

This is an excellent book. Mainly an autobiography, this is the author's story of how he came out of his own "dark night of the soul" to re-connect with his ancestral, spiritual heritage. In addition, there are a number of very useful exercises contained in each chapter.

