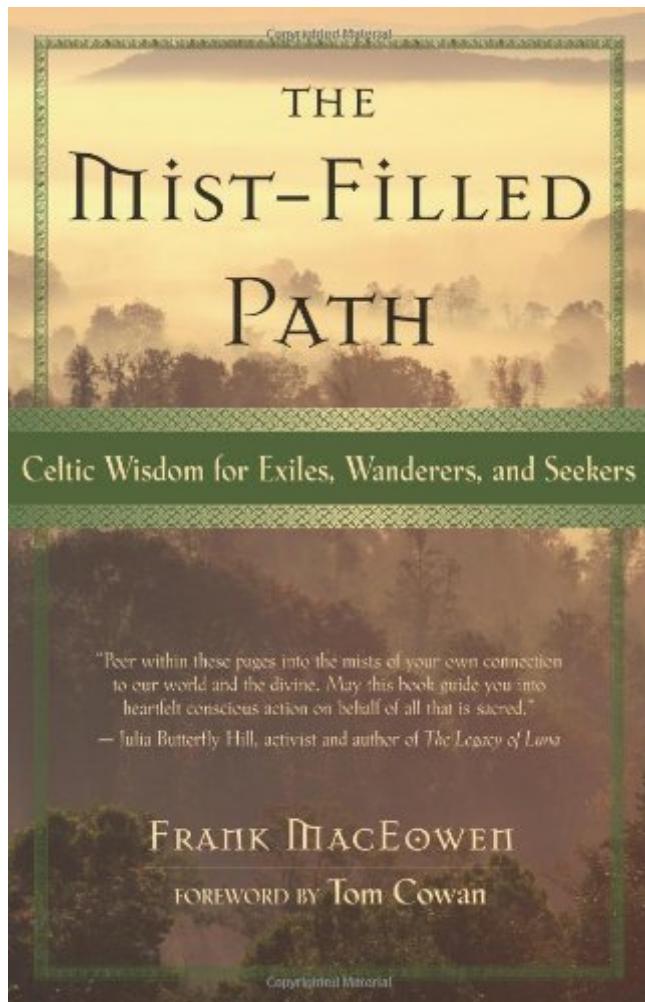


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# The Mist-Filled Path: Celtic Wisdom For Exiles, Wanderers, And Seekers



## **Synopsis**

In *The Mist-Filled Path*, Frank 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 ancient traditions, ecopsychology, the ancient mother, altars and hearths, *Oran Mor* (the Great Song), contemplation, and mysticism. The book tells how to draw on ancestral roots to find a personal spirituality that also works for the greater good.

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## **Customer Reviews**

I am the author of the book in question. I take issue with the individual's assertion that I am "weak minded" simply because I am willing to look starkly into the face of the shadow-side of my ancestral culture(s) as part of my process of self-exploration. One of the perspectives I present in the book is that **\*ALL\*** cultures have a residual shadow. Whatever energies are there that are not brought to consciousness and transformed continue to influence us. This same perspective--although worked with differently in practice--is something that the late Swiss psychoanalyst C.G. Jung asserted vehemently. He once remarked, "Whatever is avoided in the shadow is lived out as fate." I would

ask you: What is weak minded? Not wanting to look at the reality of these things, or being willing to step into the thick of it. Am I willing to openly embrace the fact that some of my ancestors were involved in oppressing others? Yes. And in acknowledging that and embracing that as one sliver that comprises the legacy of my ancestors (others were freedom-fighters for the downtrodden), I am able to learn from their journey. By being willing to own up to the fact that \*some\* of my "White" ancestors oppressed others I am able to transform that energy to become something else and to work toward creating a different kind of world. Does this make me "PC"? I think not. It makes me awake. "PC" would imply that such an orientation toward unbridled love and human equality is only being portrayed for some measure of gain. The only gain worth gaining is freedom. The inner work I describe in my books is done so to help facilitate some individuals in becoming truly free. Are you?

The Mist-Filled Path is a timely and inspiring message to wake up from the often tedious and soul-numbing industrial world. Its focus is Celtic (particularly Irish and Scottish), but certainly it transcends culture, and may sing in the spirits of people of many cultures. I feel this is a particularly important "call" in a place such as the U.S. where we have often lost a connection to our roots, culturally and spiritually. If we do not know from whom and where we have come from, it is difficult to know who we are now, and where we are going. This book is not about going back, and romanticizing the past, but rather about engaging the living stream of the Celtic spirit, to orient ourselves in the direction of a soulful and life-affirming future. One of the negative reviewers called it "new agey", and though I respect the right of others to their opinion, I have to say that I disagree. I think in a world full of Llewellyn print books and shady scholarship, Frank's work is one of authenticity. The role of the ancient druid was essentially to hold the memory of the tribe (amongst other things). That role is no different in the modern world, though perhaps its method has changed. Frank lyrically reminds us of who we are in a world that drives us to be what he calls sleepwalkers. You, my friend, are a druid. This pint is for you. Slainte

The Mist-Filled Path is a book that truly conveys the essence of the human spiritual search in action from a Celtic perspective. What I liked about it so much was how human the author is. We are really brought along on his journey and I felt changed because of it. At every turn MacEowen offers us an inside view of the inner landscape of someone who has authentically been called to the shaman's path in modern life, and who lives life according to the shaman's heart. Such a book is able to see the interconnections between cultures, peoples, religions, in way that re-sanctifies the human condition of all people--whatever ethnicity or culture. In The Mist-Filled Path the reader will learn

about the various expressions of the Celtic spirit--the pagan, druid, shamanistic, and the Celtic-Christian. The reader will also be given various meditations and exercises that aid in developing an expanded sense of consciousness about a number of topics: the elements, the sacred flow of time, working with nature as a healing guide, etc. This is not a textbook. The Mist-Filled Path is a living spirit; a truly relevant and timely message, expressed as a collection of teachings and ideas in the true Celtic storytelling style. MacEowen's harrowing experiences of near-death, his experiences doing a traditional Sun Dance with the Lakota Sioux people, and rediscovering the living wisdom of his Irish and Scottish ancestors makes for a powerful reading experience. The Mist-Filled Path left me with a greater understanding of why the various expressions of the Celtic traditions were pushed down (or "eclipsed" as MacEowen says), and why they are re-emerging today. A remarkable and fascinating book.

I picked up this book on my recent travels here to the United States. I was particularly drawn to comments on the back of the book; advance praise from three well-known Celtic writers and others of note. I have just finished reading it and must say that I enjoyed it thoroughly. I completely concur with the other reviewers who have given this book high marks. The Mist-Filled Path was a joy to read. It combines a number of features in a masterful way, including personal and historical storytelling, pre-Christian Celtic ideas and neo-Platonist concepts, and the account of Frank's personal journey of rediscovering his Celtic roots is a wonderful and inspiring example of someone becoming steeped in the Celtic spirit today... This book clearly expresses the best of the Celtic soul, not only of its antecedent forms, but also proposing a much needed ethic for today. Certainly this is not a book for strident Celtic scholars or tight-laced historians, nor does Mr. MacEowen make such grandiose claims. To the contrary, he declares humbly in the pages of this book that it is a spiritual reflection for the here and now, one which I was deeply served by.

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