

The Art of Letting Go: Living the Wisdom of Saint Francis

Presented by Fr. Richard Rohr, O.F.M.

6 Lectures (6 CDs)

Each CD is about 1 hour in length and divided into 7-10 sections each.

We often think of saints as rare individuals whose special gifts far exceed our own, and our views of the beloved St. Francis are no exception. But for Fr. Richard Rohr, a prolific author and renowned speaker, the life and teachings of this beloved figure offer an authentic spirituality we can all embody.

In six engaging sessions, Rohr brings a firsthand knowledge of the world's great spiritual practices to guide us gently into the unfolding stages of liberation discovered by Saint Francis in his own life.

In *The Art of Letting Go*, you will discover the surprising richness encountered through simplifying your life. You will gain liberation from self-limiting biases and certitudes. And you will explore Fr. Richard's deep insights into contemplation and action, two key steps toward communing more deeply with the Divine.

About Your Presenter

Richard Rohr, O.F.M., is a Franciscan priest and globally recognized ecumenical teacher, bearing witness to the awakening within Christian mysticism. He is the founding director of the Center for Action and Contemplation in his hometown of Albuquerque, New Mexico. Fr. Richard's teaching is grounded in the Franciscan alternative orthodoxy—practices of contemplation and lived kenosis (self-emptying) expressing itself in radical compassion, particularly for the socially marginalized.

Topic Titles

- Inner Liberation from Ourselves
- Cultural Liberation from Our Biases
- Dogmatic Liberation from our Certitudes
- Personal Liberation from the System
- Spiritual Liberation from the Divine
- Liberation into Mystery