

An Altar Boy Goes East

Discovering the Healing Jesus



Ted O'Brien

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An Altar Boy Runs East is an excellent, humble, and inspiring story even skeptics may embrace. The reader is usually challenged to have a deeper look at Eastern and Western philosophy and religious practice...and into their personal souls. His journey to discover how Jesus healed is described in captivating fine detail: from the intricacies of developing up and coming to conditions with Jesus, the Bible and the possibility of curing as a genuine and available skill to navigating the tensions between Catholicism and Eastern philosophies. Writer Ted O'Brien, a devout Catholic elevated in a small Western Massachusetts city, becomes fascinated by the magnificent tales of Jesus curing the sick. We observe how Ted discovers, and later embodies, Jesus as healer. This idea seems to contradict traditional Christian philosophy. For many Christians, especially in the West, the recommendation that we might possess something to learn from Eastern teachings might make us uneasy, or actually angry. Ted teaches us to overcome our fears and rechannel our energy as a recovery force through the advanced integration of Eastern and Western Spiritual disciplines. The revelations are startling as cultures collide in the visionary publication, An Altar Boy Runs East.



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A valuable publication for anybody wanting to enhance their quality of life! Awesome book! Ted does a great work drawing parallels between east and west, while teaching valuable lessons in growth and awareness. Most would judge this and be skeptical - but if my Catholic Italian mother adored the publication and was completely surprised and appreciative of what she learned, that must mean something. Wow! As the Beatles sang "Like is all we are in need of". Reconciling "international", but effective, healing principles with Christian beliefs is a bit of an epiphany and a ease and comfort. Many thanks for bringing things in to the light ,Ted.. This book surely does that. Not bad for \$14. that is a first in my own life. Let me give 7...one for each Chakra. I hope to meet you some day time.. Bravo, Ted! This work from Ted O'Brien is such a wonderful gift to humanity.. Ted did us a great program by challenging us to expand our thoughts and our frequently rigid ways of considering Christianity and Jesus Christ. And it's obvious from his prose and his gentle guiding way, that he certainly practices all that he teaches and preaches. Basically, he surely keeps Christ in his heart. Inspirational and Enlightening! A tenet of worthwhile reserve is one where your brain is stretched, and gaps are filled. I would love for this book to come across its way into the hands of each Christian in the us and all over the world. Great exemplary case of blending East and West!. Helpful.! And thank you for sharing your great wisdom and insight. I have yet to come across any other single resource which brings together so many differing spiritual and spiritual tips and combines them so well right into a cohesive, enlightening whole.. Many thanks Ted for providing such education, enlightenment, and motivation! Loved the book and didn't have to visit ... Have already been doing qigong for quite some time and know the huge benefits. This publication will lift your spirits and provide insights into linking with the source of all that resides within each of us. Interesting. His personal experiences coupled with his deep thoughts and emotions concerning Christian teachings and Eastern philosophy meld so eloquently together to present a coherent and extensive look at healing from both the East and the West. Too many pages with corners turned down to go back over and contemplate another period. Enjoyed the reserve and didn't have to visit dictionary to look up words. Have listened to Wayne Dwyer over the years and he seemed to follow the road of meditation and how exactly to let go of unimportant stressful ideas. Just what a refreshing and enlightening perspective this presents! I loved it. Recommend! Rooted in his faith, he opens the door to another thought process for many folks that have been raised in traditional Christian homes. Eileen Enlightening and Enjoyable This book helped to calm some fears about delving into 'alternative medicines and practices' that may be going against traditional religious beliefs. It's a simple read with many "aha" moments that keep you smiling. Ted O'Brien can be unapologetically honest in his thoughts, beliefs, and anecdotes. I feeling a kindred Spirit. I cant say I trust everything that O'Brien postulates, and some of his comparisons of Jesus with Buddha and others made me squirm, but he definitely introduced some thoughts that put some bits of the puzzle together, and will become blocks for further understanding from here on out.. As a family group Nurse Practitioner, I encourage Eastern modalities and have instructed some patients on Reflexology they are able to do on their loved ones to help ease Bronchitis and other conditions. Hippocrates would use both massage and medication in his practice.. Eastern medicine was not known or spoken of, significantly less the connection between it and the healings of Jesus.. I am an individual of Ted's for several years and may attest his great function that is finished with such genuineness, integrity, purpose and spirit. All I could say is Many thanks and I pray that lots of people read your reserve and begin on a healing journey of their personal. The purity and simplicity of energy healing, and particularly Qigong, comes through as he relates his personal relationship with Jesus and a search for understanding. I possess always

been more of a spiritual person than a 'church-y' person, despite being elevated Catholic. It had been comforting to learn Ted's view on precisely how Jesus' teachings coincide with the historic teaching means of the East. It is an inspiring and heartfelt journey into the relationship of humanity via the spiritual and spiritual community. I plan to share this book with many friends. Hope it becomes a Best Seller! A breath of oxygen I browse this twice in a row before composing this review and it was even better the next time around. This publication is actually a breath of oxygen! I think everyone, no matter their spiritual or religious beliefs, should read this. It is enlightening, interesting, inspiring, and educational. Beautifully written This book is thought provoking, informative and inspiring. Not really a book to read in a single day. I love the way the writer uses Biblical scripture to verify Eastern thoughts and practices. He brings his own personal life experiences in to the light to magnify and show the reader how much East and West are woven jointly in the world of healing, and leaves without doubt concerning how "true" and "actual" that idea and practice of it truly is! There are queries I've had for a long time in my personal learning and discoveries that the author has addressed. My own religious background is traditional Protestantism and also have been a life long college student of religions and philosophy. What Ted O'Brien writes about in this book makes sense, and makes me starving to learn more! It is truly refreshing to read a thing that embraces Eastern philosophy while maintaining firm beliefs in Christianity. I highly feel that everything is linked in some way and Ted O'Brien brings that to light in this great book. Five Stars Your price was toooo high Great read! I read this publication and loved it so much that I read it a second time; Are 5 stars plenty of? This book was enlightening, moving, easy to read and a genuine pleasure all the way through. Have never linked the dots with Jesus and meditation or his teachings on healing oneself. It definitely resonated with me, way more than any other reference I've encountered, outside of the Bible. This is a very personal recounting of the journey of a American steeped in Catholicism who journeys East - both physically and mentally - and returns home with a remarkable integration of both traditions. Although told from the perspective of his personal development, O'Brien's tale also serves as extremely beneficial primer on Eastern medicine. Extremely worthwhile reading and more likely to instill an additional desire to explore this tradition. This book goes through the tender personal journey of the author as he discovers alternative energy healing practices. Excellent Clear writing. Great details.. It gave me some good practical steps to consider for myself now. I possibly could feel his heart in this work. Great..! As a Catholic all of my entire life, and attending 12 years of Catholic college, we were by no means taught much about the bible and all the miraculous healings of Jesus. Most Catholics, and perhaps most Christians, aren't "allowed" to believe that there are other healers or means of healing, apart from those by Jesus.. A tenet of any good book is one where your brain is stretched Just finished scanning this. This can also help those skeptical of qigong and other Eastern medicine procedures understand more about recovery techniques and the way the body, mind, and spirit are linked. What wonderful good examples that receive in this book somehow that area of the process got shed in translation with medicine. I've experienced some amazing results and am very grateful to him for his are a practitioner and today as an inspirational author. A Must Read A must read, specifically for anyone venturing into eastern medication. Peace I REALLY LIKE this Book! Insightful, inspiring and a must examine for all spiritual individuals, regardless of the religion. We couldn't put this book down! A real experience into Ted's spiritual journey filled with wisdom and humour.



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