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# Anne Morrow Lindbergh

## Gift from the Sea



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Author: Anne Morrow Lindbergh

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## Description

2 cassettes / 2 hours and 20 minutes

Unabridged

Read by Academy Award-winning actress Claudette Colbert

"A wise and beautiful book." - "Harper's"

A modern-day classic: here are Anne Morrow Lindbergh's elegant and wise meditations on youth and age, love and marriage, solitude, peace, and contentment, as she set them down during a brief vacation by the ocean.

She helps us to see ways to reconcile our most deeply personal needs with obligations to family, friends, lovers, and work, ways to separate loneliness from replenishing solitude, and ways to find solace in the simplest of daily tasks.

Gift from the Sea is marked by a greatest and simple wisdom, lifting listeners out of the rush and worry of daily life and opening a path to inner peace and self-realization.

## Insightful reviews

Sandy T: I remember reading this at BYU for a class and having to do a paper on it. I remember wondering what all the hoopla was about it... it just didn't do all that much for me. But now, some 30+ years later, it had a whole new meaning for me as I truly understood and felt exactly what she was expressing...

It is amazing that though this book was written over 50 years ago, so many of her observations still ring true today, and I found myself marking up page after page. Perhaps the most I got from it was more understanding of the need to embrace each phase of life... the ebb and the flow like the sea tide...

It would be interesting for me now to re-read that paper I wrote back in college!

Audra: so...reading this book, in places, made me long to go back to Atlantic Beach, made me go back and read my diaries of New York.

I thought carefully about whether my strongly adverse feelings about this book were actually warranted or not. I have decided that there is a middle ground I must take here.

Here's my unabashed assessment, untainted by the millions of people who seem to LOVE this book:

if you've already lived the hard life, and come through it, worse for the wear but better in soul, don't bother with Gifts From the Sea. It will probably seem like common knowledge in the form of over-elaborate metaphor to you.

However, if you are living the hard life right now, this book still might not be worth the read, because if you are truly in a rough spot, battling the demons of life, this may just make you bitter that some lady with a rich social life and ample resources is trying to tell you how to live yours. That said, it's always worth a shot to read and gain insight into something, so see how it strikes you.

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The people I actually recommend this to are those who are young traditionalists. I can see how a young mother might gain much wisdom from this. Or a person just starting out in life, maybe in a dorm somewhere, or maybe someone young who has just graduated college.

This is a book meant for people who started right, followed the steps in the right order, and never strayed from the norm, in order to awaken the creative and contemplative soul in the everyday woman. Which is wonderful and utterly commendable.

This, to me, is not a book for the extremist, the eccentric, the serious rebel, the woman who saw a path and decided to blaze off through uncharted territory, eventually caught by the briars of life on that untread path. These people do not need advice on how to find themselves, or awaken creativity.

Just one eccentric woman's 2 cents worth.

Cigdem: Her bölüm, huzurlu bir günbatımı veya umut dolu bir gündoğumu kizilliginda icilen, mükemmel demde, ve mükemmel sicaklikta bir caydan bogaza akan yudumlar gibiydi... Biraz erken, biraz sicak, ya da biraz gec, biraz soguk icsen olmaz, tam zamaninda, tam kivaminda, ve illa yalnız icilecek, öyle bir cay bu kitap:).

Rebecca Trujillo Batty: i think this booklet was once pointed out within the Poisonwood Bible, that is why I took the time to learn it. It was once ok. I did just like the comparisons she made of the various shells to life, yet felt that it was once dated. She does admit this within the "re-opened" part on the finish of the book. a few precise statements i discovered during this publication are:pg.39: "Eternally, girl spills herself away in driblets to the thirsty, seldom being allowed the time, the quiet, the peace, to allow the pitcher replenish to the brim."pg. 58: "The natural relationship, how appealing it is! How simply it truly is damaged, or weighed down with irrelevancies - no longer even irrelevancies, simply existence itself, the accumulations of existence and of time."pg. 64: "For whether it is attainable that girl can locate herself via having a holiday alone, it truly is both attainable that the unique courting can occasionally be refound by way of having a holiday by myself together."pg. 103: "Security in a dating lies neither in in retrospect to what it used to be in nostalgia, nor ahead to what it would be in dread or anticipation, yet residing within the current courting and accepting it because it is now."pg. 119: "Can one make the longer term an alternative choice to the present? And what promises have we that the long run might be any greater if we forget the present?"There is lots of negativity operating in my lifestyles straight away and studying this publication was once suffering from that negativity. i feel if I had learn this while issues have been going larger and that i did not think many of the anger and bitterness i'm feeling, then i'd most likely have cherished it more. i will purely wish that the long run seriously is not worse than my present!!! on the comparable time, I proceed to insist on trusting others and being optimistic, even supposing either one of these conduct are quick loss of life away! within the end, even though dated, I did like this booklet for if not anything else, it encourages one to be self sufficient and reminds us that we're each one worthy taking care of!

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Kiersten Lawson: i found this little e-book at a seashore residence in Yachats, OR. a section simplistic yet resonant, particularly seeing that I learn it because it used to be written: in solitude on the sea. "Yeats as soon as stated that the excellent event of existence used to be 'to percentage profound idea after which to touch.' however it takes both." "And once we are uninterested in walking, we lie flat at the sand lower than a bowl of stars. We suppose stretched, improved to absorb their compass. They pour into us till we're choked with stars, as much as the brim. One thirsts for the significance and universality of an evening filled with stars, pouring into one like a clean tide." "I am back confronted with woman's habitual lesson: lady needs to come of age by means of herself, she needs to locate her actual heart alone. The lesson turns out to wish relearning approximately each 20 years in a woman's life." "Even these whose lives had seemed to be ticking imperturbably lower than their smiling clock-faces have been frequently trying, like me, to adapt one other rhythm with extra inventive pauses in it, extra adjustment to their person needs, and new and extra alive relationships to themselves in addition to others." "I am looking probably what Socrates requested for within the prayer from the Phaedrus whilst he said, 'May the outward and inward guy be at one.'" "The challenge is the best way to stay entire in the middle of the distractions of life; the best way to stay balanced, it doesn't matter what centrifugal forces are inclined to pull one off center; the best way to stay strong, it doesn't matter what shocks are available in on the periphery." "I shall ask into my shell merely these buddies with whom i will be thoroughly honest. i locate i'm laying off hypocrisy in human relationships. What a relaxation that may be! the main laborious factor in life, i've got discovered, is being insincere. this is why lots of social lifestyles is exhausting; one is donning a mask." "It isn't the wasteland island nor the stony wasteland that cuts you from the folks you love. it's the barren region within the mind, the barren region wastes within the center wherein one wanders misplaced and a stranger. ... basically while one is hooked up to one's personal middle is one attached to others. And, for me, the core, the internal spring, can top be refound via solitude." "Is this then what occurs to woman? She desires without end to spill herself away. All her intuition as a girl -- the everlasting nourisher of children, of men, of society -- calls for that she give. Her time, her energy, her imagination drain out into those channels if there's any chance, any leak. Eternally, girl spills herself away in dribbles to the thirsty, seldom being allowed the time, the quiet, the peace, to enable the pitcher replenish to the brim." "Hunger cannot, of course, be fed only via a sense of indispensability. Even functional giving should have a few resource that refills it. ... everybody may be by myself someday in the course of the year, a few a part of every one week, and every day. How progressive that sounds and the way most unlikely of attainment. ... Herein lies the problem. If girls have been confident day without work or an hour of solitude was once a cheap ambition, they'd have the opportunity of achieving it. because it is, they suppose so unjustified of their call for that they not often make the attempt. ... the area at the present time doesn't comprehend the necessity to be alone." "If one says: i can't come simply because that's my hour to be alone, one is taken into account rude, egotistical or strange. What a observation on our civilization, while being by myself is taken into account suspect; whilst one has to express regret for it, make excuses, cover the truth that one practices it -- like a mystery vice!" "Women want solitude with a purpose to locate back the genuine essence of themselves: that enterprise strand as a way to be the indispensable heart of a complete internet of human relationships. She needs to locate that internal stillness which Charles Morgan describes as 'the stilling of the soul in the actions of the brain and physique in order that it would be nonetheless because the axis of a revolving wheel is still.'" "The challenge isn't really fullyyt discovering the room of one's own, the time alone, tricky and beneficial as that

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is. the matter is extra the way to nonetheless the soul in the middle of its activities. In fact, the matter is find out how to feed the soul." "Not realizing how one can feed the spirit, we strive to muffle its calls for in distractions. rather than stilling the center, the axis of the wheel, we upload extra centrifugal actions to our lives -- which are inclined to throw us off balance." "Woman's lifestyles at the present time is tending a growing number of towards the nation William James describes so good within the German word, Zerrissenheit -- torn-to-pieces-hood. she is going to be shattered right into a thousand pieces. ... What issues is that one be for a time inwardly attentive." "Neither girl nor guy usually are fed via one other courting which turns out more uncomplicated since it is in an past stage. this kind of love affair can't quite carry again a feeling of identity. i feel that actual identification is found, as Eckhart as soon as said, via 'going into one's personal floor and understanding oneself.' it's present in inventive task springing from within. it truly is found, paradoxically, while one loses oneself. One needs to love one's lifestyles to discover it. lady can most sensible refind herself through wasting herself in a few form of artistic task of her own. ... just a refund individual can refind a private relationship." "We want the one-and-only to be permanent, ever-present and continuous. the need for continuity of being-loved-alone turns out to me 'the blunders bred within the bone' of man. For there isn't any one-and-only ... there are only one-and-only moments." "One is available in the tip to achieve that there's no everlasting pure-relationship and there aren't be. it's not even whatever to be desired. The natural dating is limited, in area and in time. In its essence it implies exclusion. It excludes the remainder of life, different relationships, different aspects of personality, different responsibilities, different chances within the future. It excludes growth." "One learns to simply accept the truth that no everlasting go back is feasible to an outdated type of relationship; and, extra deeply still, that there's no conserving of a courting to a unmarried form. this isn't tragedy yet a part of the ever-recurrent miracle of existence and growth. All dwelling relationships are within the technique of of change, of expansion, and needs to endlessly be development themselves new forms. yet there is not any unmarried mounted shape to precise this kind of altering relationship." "Marriage, that is continuously spoken of as a bond, turns into really many bonds, many strands, of alternative texture and strength, making up an online that's taut and firm. the net is formed of love. Yes, yet many sorts of love: romantic love first, then a slow-growing devotion and, enjoying through these, a continually rippling companionship. it really is made up of loyalties, and interdependencies, and shared experiences. it's woven of thoughts of conferences and conflicts; of triumphs and disappointments. it's a internet communication, a standard language, and the popularity of a scarcity of language too; a data of likes and dislikes, of conduct and reactions, either actual and mental." "I continuously cherished that Virginia Woolf hero who meets heart age admitting: 'Things have dropped from me. i've got outlived convinced wishes ... i'm really not so proficient as at one time appeared likely. yes issues lie past my scope.'" "The primitive, physical, useful development of the morning of life, the energetic years earlier than 40 or fifty, is outlived. yet there's nonetheless the afternoon establishing up, which you can still spend no longer within the feverish velocity of the morning yet in having time finally for these intellectual, cultural and spritual actions that have been brushed off within the warmth of the race. ... We push the shut again and check out to extend the morning, overreaching and straining ourselves within the unnatural effort. we don't succeed, of course. we can't compete with our sons and daughters. And what a fight it's to race with those overactive and under-wise adults! In our breathless makes an attempt we regularly leave out the flowering that waits for afternoon." "Many humans by no means climb above the plateau of forty-to-fifty. The indicators that presage growth, so just like these in early formative years -- discontent, restlessness,

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doubt, despair, longing -- are interpreted falsely as indicators of decay. One is afraid. Naturally, who's no longer scared of natural house - that breath-taking empty house of an open door? yet regardless of fear, one is going via to the room beyond." "Instead of dealing with those existence signs, one runs away; one escapes -- into depressions, anxious breakdowns, drink, love affairs, or frantic, thoughtless, fruitless work." "We can't promise that the second one 1/2 lifestyles delivers reasonable climate and favorable winds. What golden fleece is there for the middle-aged? Is it a few form of new freedom for growth? ... The Scottish philosopher MacMurray outlined a completely own dating as 'a kind of courting into which individuals input as individuals with the full of themselves. own relationships don't have any ulterior motive. they don't seem to be according to specific interests. The don't serve partial and restricted ends. Their worth lies solely in themselves and for a similar cause transcends all different values. and that's simply because they're relatives of individuals as persons.' Rilke foresaw a good swap within the relationships among males and women. He defined a nation within which there will be house and freedom for growth, and during which every one associate often is the technique of freeing the other: solitudes shield and contact and greet each one other.' this type of degree in existence needs to come now not as a present or fortunate accident, yet as a part of an evolutionary process." "Woman needs to come of age by way of herself, to profit the right way to stand alone. some time past she has swung among poles of dependence and competition; nor is the center, the genuine middle of being an entire woman. She needs to locate her actual middle alone. She needs to stick to the recommendation of the poet to develop into 'world to oneself for another's sake.'" "With growth, it's true, comes differentiation and separation, within the feel that the cohesion of the tree trunk differentiates because it grows and spreads into limbs, branches and leaves. the 2 separate worlds or the 2 solitudes would definitely have extra to offer one another than while each one was once a meager half. 'A whole sharing among humans is an impossibility,' writes Rilke, 'and at any time when it seems, nevertheless, to exist, it's a narrowing, a mutual contract which robs both one member or either one of his fullest freedom and development. yet as soon as the conclusion is accredited that, even among the nearest human beings, limitless distances proceed to exist, a superb residing part via part can develop up, in the event that they achieve loving the gap among them that permits every one to work out the opposite complete and opposed to a large sky!' the sunshine shed by way of any sturdy relationships illuminates all relationships." "An island has a average stability of physical, highbrow and social life. It has a simple unforced rhythm. paintings isn't really deformed by means of pressure. dating isn't really strangled by way of claims. Intimacy is tempered by means of lightness of touch. we've got moved via our day like dancers, now not desiring to the touch greater than flippantly simply because we have been instinctively relocating to an analogous rhythm. to the touch seriously will be to arrest the trend and freeze the movement, to envision the forever altering great thing about its unfolding." "The pleasure of the sort of trend is not just the enjoyment of production or the enjoyment of participation, it's also the enjoyment of dwelling within the moment. Lightness of contact and residing within the second are intertwined. it truly is what Blake was once talking of while he wrote "He who bends to himself a joy Doth the winged existence destroy; But he who kisses the enjoyment because it flies Lives in Eternity's sunrise." "The lifetime of the spirit,' stated Saint-Exupery, 'the veritable life, is intermittent and in simple terms the lifetime of the brain is constant. The spirit alternates among overall imaginative and prescient and absolute blindness." "We have so little religion within the ebb and move of life, of love, of relationships. We bounce on the movement of the tide and face up to in terror its ebb. We insist on permanency, on duration, on continuity; while the one continuity attainable is in

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growth, in fluidity. One needs to settle for the protection of the winged life, of ebb and flow, of intermittency." "How can one learn how to pass through the ebb tides of one's existence? How can one discover ways to take the trough of the wave? So attractive is the nonetheless hour of the sea's withdrawal, as appealing because of the sea's return. The ocean recedes and returns eternally." "We may have a surfeit of treasures -- an array of shells, the place one or will be significant." "At home, whilst I meet my buddies in these cubby-holed hours, time is so necessary we consider we need to cram each to be had speedy with conversation. We can't come up with the money for the posh of silence. Right here I will be able to take a seat with a pal without talking, sharing the day's final sliver of light eco-friendly gentle at the horizon. Then verbal exchange turns into communion and one is nourished as one by no means is via words." "Out of the welter of lifestyles a couple of individuals are chosen for us by way of the twist of fate of transitory confinement within the comparable circle. We by no means may have selected those neighbors, yet thrown jointly we stretch to appreciate one another and are invigorated through the stretching. The trouble with immense urban environment is that we have a tendency to decide on humans like ourselves, a really monotonous diet. And but it's the unknown with all its disappointments and surprises that's the such a lot enticing." "When I'm going again will I be submerged again, not just by means of distractions, yet by way of too many opportunities? The multiplicity of the realm will crowd in on me back with its fake feel of values. ... glossy verbal exchange a lot us with extra difficulties than the human body can carry. It is good, I feel for our hearts, our minds, our imaginations to be stretched; yet body, nerve, patience and life-span are usually not as elastic. My lifestyles can't enforce in motion all of the calls for of all of the humans to whom my center responds."

Shiloah: I stopped this ebook & am blissful for the opportunity to take it off my to-read list. What a treasure. So a lot of this booklet has relevance in my existence today. Within the 3 months best as much as our massive flow to Europe I had every little thing deliberate out like clockwork. Now not understanding all that might occur at the "other aspect of the ocean" or how lengthy it is going to take to get settled, I needed to depart it as much as a versatile plan. However, occasionally our "flexible" plans are clung to too tightly after which pointless pressure occurs. Like she says, "Europeans at the present time are having fun with the instant no matter if it capability in simple terms a stroll within the kingdom on Sunday or sipping a cup of black espresso at a cafe." I am having a lesson taught to me during this time frame of my lifestyles to take a seat and luxuriate in the moment. Nobody is in a rush here... why am I? Habit? Generational? Now not trusting enough? Understanding that every little thing in my lifestyles is precisely how it may still be... why push, fight, or resist? Innovations to ponder. Anne says, "It is extra basically: tips to stay entire in the middle of the distractions of life; tips to stay balanced, it doesn't matter what centrifugal forces are likely to pull one off center; how one can stay strong, it doesn't matter what shocks are available in on the outer edge and have a tendency to crack the hub of the wheel." "We by no means understand what lies forward yet staying headquartered it doesn't matter what comes our method is so important. In my brain easy methods to do this is being anchored in our larger resource (God). While lifestyles pulls and tugs at me I do know the place my anchor is grounded and it is helping realizing He cares and needs to help. We do not have to climate those storms alone."

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