

# THOREAU AS SPIRITUAL GUIDE

I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived.

*Thoreau and his fellow Transcendentalists felt they were writing modern-day scripture to promote what they termed 'self-culture,' the cultivation of the soul. First and foremost, Walden is a book about spiritual renewal and reformation. . . .*

—from *Thoreau as Spiritual Guide*

"Andrews is a knowledgeable and articulate advocate for the continuing religious relevance of the New England Transcendentalists, and his study guide on Thoreau's *Walden* will be a valuable resource to contemporary Unitarian Universalists. As Andrews shows us, disciplined spiritual practice was a crucial component of the Transcendentalist ethos. Thoreau's experiment at the pond can serve as a guide for readers today."

—David M. Robinson, Distinguished Professor of American Literature, Oregon State University and Author of *The Unitarians and the Transcendents*

A fresh reading of *Walden* as a meditative companion, a teaching tool and guide to personal growth. Discussion questions included for group or personal use.

Throughout two decades as a Unitarian Universalist minister, Harry M. Andrews has led many study groups on Thoreau and Emerson. He currently serves as Minister of Religious Education at the Unitarian Universalist Congregation at Shelter Rock on Long Island, New York.

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THOREAU AS SPIRITUAL GUIDE — ANDREWS — SKINNER HOUSE BOOKS

# Thoreau AS SPIRITUAL GUIDE

*A Companion to Walden  
for Personal Reflection and Group Discussion*



HARRY M. ANDREWS

