An Introduction to Evelyn Underhill’s Practical Approach to Mysticism

This short online course will introduce students to Underhill’s short accessible book *Practical Mysticism*. Underhill produced *Practical Mysticism* to make contemplative prayer accessible to everyone. She set out to explain how and why a contemplative attitude has value in everyday life, apart from the visions and extraordinary experiences that characterise many of the great mystics.

Evelyn Underhill published *Practical Mysticism* at the start of WW1. In the preface she writes that the value of contemplation ‘increased rather than lessened when confronted by the overwhelming disharmonies and sufferings of the present time’. Underhill’s writing has always stood the test of time, but her *Practical Mysticism* seems more apt than ever. This course aims to introduce student to some the riches of her thought through an introduction to this accessible text.

Blended Online Learning:

- The course will consist of 4 pre-recorded 1 hr lectures and a synchronous zoom session.
- The lectures will be available from the 10th of June. Students can either watch them at their leisure or take the course intensively on 20th June.
- The Zoom session will take place at **4pm BST on Saturday 20th June**.
- The Zoom session is not compulsory but students are invited to come together to share their experiences and questions and to discuss Underhill further in person.

**Tutor:** Dr Louise Nelstrop  
**Cost:** £45  
**No prior knowledge needed.**  
**Contact:** ln348@cam.ac.uk to register