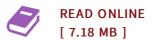




Inviting Silence: How to Find Inner Stillness and Calm

By Gunilla Norris

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Inviting Silence: How to Find Inner Stillness and Calm, Gunilla Norris, 'People often contact me because they have lost some kind of meaning thread in their lives. Without a sense of meaning our lives lose their lustre. We endure our days rather than embrace the living of them. To enter the realm of meaning requires attention and dedication. It requires an interior, reflective life. It requires the calming of our usual chattering minds.' In the noise and rush of life today we often yearn to find the natural stillness which is our birthright. This thoughtful and poetic guide explains the universal principles of meditation practice and mindful living. It is divided into four sections: Beginning Silence which reflects on the understanding that longing and discontent is a wake-up call, an invitation to begin. Growing Silence which dwells on yearning itself as a path, with acceptance of the ambivalence which accompanies any deep change. Practising Silence which describes the practise of meditation. Sharing Silence encourages the idea of formal practice with others to deepen and sustain the experience of cultivating a peaceful heart.



Reviews

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-- Izaiah Schowalter

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God Loves You. Chester Blue

Henry and George Press. Paperback. Book Condition: New. Ursula Andrejczuk (illustrator). Paperback. 140 pages. Dimensions: 8.0in. x 5.2in. x 0.3in.BEAUTIFUL NEW ILLUSTRATIONS BRING THE STORY TO LIFE!A charming book about a mysterious bear that shows up in the right place at just...



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Hands Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters!

ZONDERVAN, United States, 2014. Paperback. Book Condition: New. 211 x 137 mm. Language: English . Brand New Book. Rachel Macy Stafford's post The Day I Stopped Saying Hurry Up was a true phenomenon on The Huffington Post, igniting countless conversations online...



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner's Crochet Guide with Pictures)

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