

Simple Ways: Towards The Sacred - Gunilla Norris

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While the demands and pace of modern living often prevent many from seeing the transcendent and extraordinary elements in the simple activities and events in life, this beautifully written, lucid, and practical primer for prayer, meditation, and mindful living focuses on seeking and appreciating the sacred in everyday life. Divided into four sections concentrating on our bodies, our dwellings, everyday things, and gratitude, Norris illuminates ways to see and embrace the sacred each day. The guidance and advice offer a very practical and accessible way to appreciate and celebrate holiness in daily life. Author: Norris, Gunilla Publisher: BlueBridge Illustration: N Language: ENG Title: Simple Ways: Towards the Sacred Pages: 00160 (Encrypted EPUB) On Sale: 2011-05-01 SKU-13/ISBN: 9781933346359 Category: Religion : Spirituality - General Category: Body, Mind & Spirit : Spirituality - General

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