

Awake In The World - Debra Moffitt

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Awake in the World offers 108 quick and simple exercises inspired by wisdom traditions around the globe. Compatible with any faith, these practical techniques can be performed anytime you need them. Learn to sharpen your spiritual awareness, stay calm in a crisis, focus on what is truly important, achieve health and wellness, and recognize the divine all around you. Best of all, you'll invite soul-nourishing peace and calm into your fast-paced life. Grow a secret gardenCook with loveBless your petsEnjoy mindful lovemakingChant a sacred mantra Praise: "Whatever your life situation and spiritual leanings, this book contains the most nutritious spiritual food from down through the centuries."Sarah Susanka, bestselling author of THE NOT SO BIG LIFE "Debra Moffitt brings the noble and universal yearnings of the human soul down to earth. This is ancient wisdom made accessible."David Kundtz, bestselling author of QUIET MIND Author: Moffitt, Debra Publisher: Llewellyn Publications Illustration: N Language: ENG Title: Awake in the World Pages: 00432 (Encrypted EPUB) On Sale: 2011-10-01 SKU-13/ISBN: 9780738727226 Category: Body, Mind & Spirit : Inspiration & Personal Growth

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