

# Morning Notes: 365 Meditations To Wake You Up - Hugh Prather

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This is a book of great beginnings--365 of them! How we start each and every day affects everything--body, mind, spirit, family, work. We can begin in a combative mood, fighting with how things are, or we can begin in a peaceful mood, helping ourselves construct things the way we want them to be. Hugh Prather, in his writing and his life, opts for the latter. And in these Morning Notes, he invites us to live as if we think our world and the people in it are worth caring about, worth taking time for, worth changing. Love, forgiveness, self-healing, change--yes! Self-loathing, judgment, anger, prevaricating--no! The former help us realize our Oneness within ourselves, with other human beings, and with God. The latter prevent this realization. These 365 simple meditations take us a long way toward our spiritual home. Individually and as a whole they speak to the spiritual task of the 21st century--to wake up to our own responsibility for what happens to us. "Starting over saves time. To love is to begin again. Clearly, our human family is in distress. Yet because of this, it is also more open to change. Today I join with countless others in a renewed determination to be a better person. For this to happen, I must make up my mind, because behavior that flows from conflicted thought cannot be controlled. Engaging in trench warfare with my personality does not work. . . . To truly start over I must unify my mind with a single purpose. And love is the only true purpose and the only unity." Author: Prather, Hugh Publisher: Conari Press Illustration: N Language: ENG Title: Morning Notes: 365 Meditations to Wake You Up Pages: 00384 (Encrypted EPUB) On Sale: 2005-09-25 SKU-13/ISBN: 9781573242547 Category: Religion : Christian Life - General Category: Self-Help : Motivational & Inspirational Category: Self-Help : Personal Growth - General

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