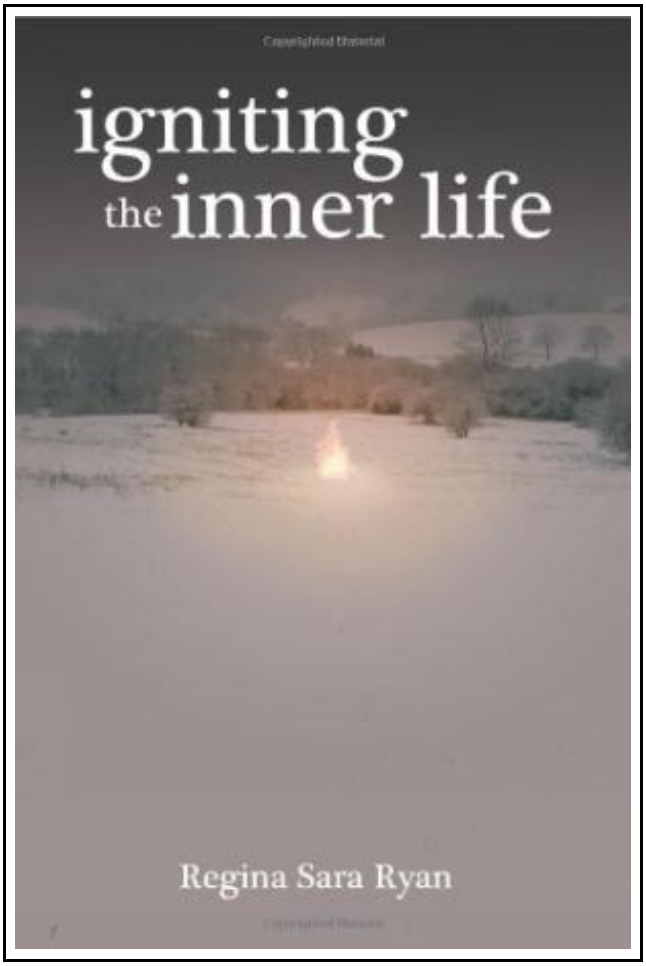
Igniting the Inner Life



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IGNITING THE INNER LIFE

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Hohm Press,U.S., United States, 2010. Paperback. Book Condition: New. 213 x 140 mm. Language: English . Brand New Book. To ignite the inner life--that intrinsic spiritual dimension of existence--is to make a pilgrimage within-to move from out there to in here in the orientation of life, work, choices and relationships. This book is directed to those with a focus on spirituality, self-understanding, contemplative prayer, God, or the awakening of the heart s knowledge, regardless of the religious tradition they follow. Anyone on a journey of self-discovery knows that living on the surface of things is never satisfying. Many of us have long intuited, and now science affirms, that we are connected, energetically or via field at the heart, to others and to the world. This book addresses that awareness, which is generally latent, but sometimes long-forgotten, inviting readers to stir the embers within. Every major religious or spiritual tradition contains recommendations for building and maintaining an inner life--through silence and solitude, through prayer, mantra and ritual, through sacred reading and contemplation, through poetry, nature and symbolism. This book is designed to remind us of what we know about the life of our souls, and yet easily forget in the busyness of contemporary life. We can stop and slow down; we can move quickly and work hard while still maintaining our sense of self, our clear intention; we can bless others rather than judge them; we can practice seeing ourselves more clearly and build a foundation of self-appreciation and forgiveness. A heightened urgency to know who we are from the inside out exists today for many. The Earth is imbalanced and human suffering and fear surface in ways we never expected a decade ago. Often, instead of our hearts, our terrors are guiding and compelling us; and the terrors of the...

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