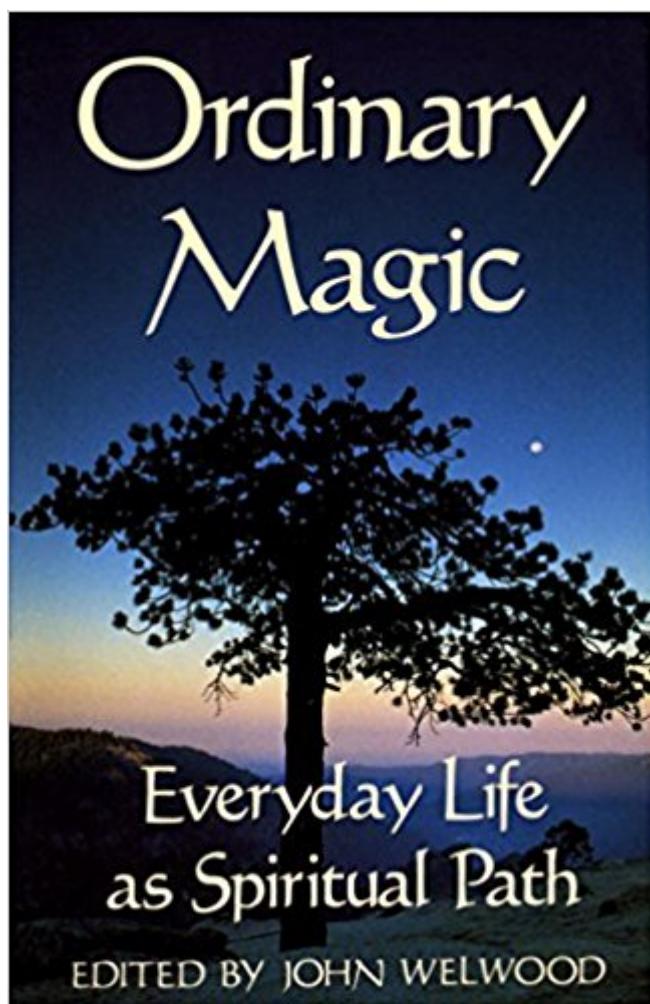


The book was found

Ordinary Magic: Everyday Life As Spiritual Path



Synopsis

Spiritual practice and meditation are often thought of as being the province of priests, monks, and nuns—those few individuals who have returned from the preoccupations of day-to-day life. This inspiring book reveals how the simple practice of mindfulness can be a magical and transformative part of anyone's daily life. Thirty-five wide-ranging essays written by well-known spiritual teachers, therapists, and creative artists show how learning to focus awareness can bring a new richness to ordinary activities; how mindfulness can heighten creative pursuits such as painting, journal writing, or playing music; how contemplative awareness enhances both physical and psychological well-being; and how meditation can contribute to better relationships with family, community, and the world at large.

Book Information

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Customer Reviews

"Well conceived and well written . . . an amazing compilation of answers."—Spiritual Frontiers

Spiritual practice and meditation are often thought of as being the province of priests, monks, and nuns—those few individuals who have retired from the preoccupations of day-to-day life. This inspiring book reveals how the simple practice of mindfulness can be a magical and transformative part of anyone's daily life. Thirty-five wide-ranging essays written by well-known spiritual teachers, therapists, and creative artists show how learning to be more present in one's immediate life can

bring a new richness to ordinary activities; how mindfulness can heighten creative pursuits such as painting, writing, or playing music; how contemplative awareness enhances both physical and psychological well-being; and how meditation can contribute to better relationships with family, community, and the world at large.

After reading this book, I will say that half of the chapters resonate with me and half of them don't. . .but I've found something beautiful and lovely in each chapter, as each author has a unique outlook on life. I've considered purchasing this book for a few friends, in fact.

Using this book with a spiritual study group and have found it has solicited great discussions.

Welwood is one of the clearest thinkers today. On a par with Thomas Moore. Beautiful prose.

Awesome short stories for the Spiritual Quest and Wanderer.

I took my time to read this book since there is so much wisdom in it. I loved this book just like I did with his other books. This is a compilation of chapters from different authors but his selection was right on and their message very clear. I highly recommend this book.

Whilst a few of the short stories were quite good, a bigger percentage of the contributions presented here, did not really touch anything for me, they seemed bland and contrived, never made me smile or laugh, so IMO there is a lot of magic missing here. Moreover, short story after short story, the content within is so repetitive that after reading about two thirds of the book, I started to feel irritated at certain trigger-words.. Printing is somewhat fuzzy and frazzled, for the price of the book not acceptable.

Some contributors better than others, but the good ones shine.

:)

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