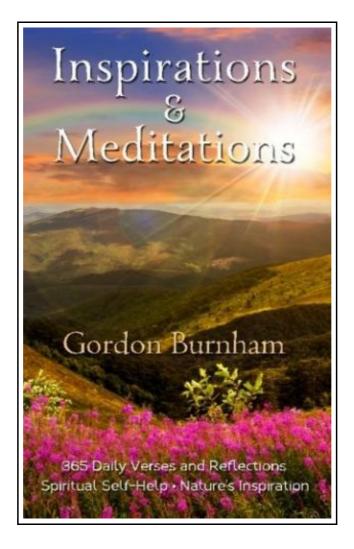
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Reviews

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Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 396 pages. Dimensions: 8.0in. x 5.0in. x 1.0in.NOTE: If you read and like this book please post a review below. Customer reviews are effective and very much appreciated. Thank You. Inspirations and Meditations for each day of the year. Each page has a short poem inspired by Rumi, Hafiz, Emerson, Thoreau, Paramanandaand a reflection based on the great spiritual teachings of India and the world. This book offers an inspiring daily verse and reflection on nature, spirit and beauty. Something higher to lift, to comfort and heal. On each page, a few lines of inspiration and a meditation reflection that expands and brings it to fullness. The thoughts and ideas expressed in this book are often spiritual but not religious per se. There is nothing in these pages that is dogmatic or exclusive to any religion. The conversation here is all-inclusive and drawn primarily from the teachings and universal philosophy in ancient spiritual texts from India, the Vedas and the Upanishads. In the 1800s Emerson, Thoreau, and since then a plethora of modern spiritual teachers, have assimilated these universal truths into their work for the great benefit of humankind. If this book serves its purpose, it will offer some small reflection of that truth, and you will catch a glimpse your own radiant being mirrored in its pages. We are, all of us, aspiring to something in our lives. Our objective might be to be a better person, to be kinder and more compassionate, to be successful in career or relationship, to reduce our stress and anxiety, heal emotional wounds, discipline ourselves for better health or to realize our higher spiritual aspirations. Along the way we all experience challenges, obstacles and set-backs. With determination and persistence we also experience...

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