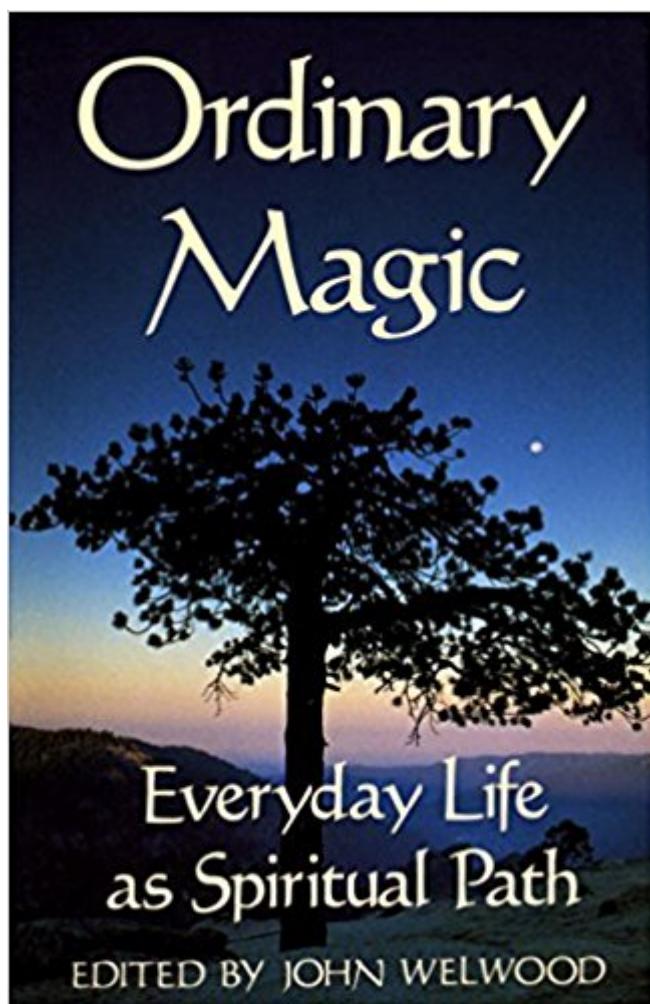


The book was found

Ordinary Magic: Everyday Life As Spiritual Path



Synopsis

Spiritual practice and meditation are often thought of as being the province of priests, monks, and nunsâ "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

Paperback: 368 pages

Publisher: Shambhala; First Edition edition (September 15, 1992)

Language: English

ISBN-10: 0877735972

ISBN-13: 978-0877735977

Product Dimensions: 5.5 x 0.8 x 8.5 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 15 customer reviews

Best Sellers Rank: #35,674 in Books (See Top 100 in Books) #22 inÂ Books > Religion & Spirituality > Religious Studies > Psychology #56 inÂ Books > Religion & Spirituality > Other Eastern Religions & Sacred Texts #95 inÂ Books > Christian Books & Bibles > Worship & Devotion > Meditations

Customer Reviews

"Well conceived and well written . . . an amazing compilation of answers."â " 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.

:)

[Download to continue reading...](#)

Magic Cards: Magic the Gathering - 33 Killer Tips from a Magic Master! (Magic Cards, Magic the Gathering, Magic Decks, Magic the Gathering Tips, Magic Card Tips, How to Play Magic, Magic)

Ordinary Magic: Everyday Life as Spiritual Path A History of Everyday Life in Scotland, 1600-1800: A History of Everyday Life in Scotland, 1600 to 1800 (A History of Everyday Life in Scotland EUP)

Wicca Magic Starter Kit: Candle Magic, Crystal Magic, and Herbal Magic Conscious Dreaming: A Spiritual Path for Everyday Life Ordinary People Change the World Gift Set (Ordinary People Change World) Dorset & South Devon Coast Path: (Sw Coast Path Part 3) British Walking Guide With 70 Large-Scale Walking Maps, Places To Stay, Places To Eat (Trailblazer: Sw Coast Path) Exmoor & North Devon Coast Path: (Sw Coast Path Part 1) British Walking Guide With 53 Large-Scale Walking Maps, Places To Stay, Places To Eat (British ... Exmoor & North Devon Coast Path Minehead) The Mandala Workbook: Creating an Authentic Spiritual Path: An Interspiritual Process (The Spiritual Paths Series) The Subtle Power of Spiritual Abuse: Recognizing and Escaping Spiritual Manipulation and False Spiritual Authority Within the Church Everyday Holiness: The Jewish Spiritual Path of Mussar Dance Recital Journal Love Everyday Laugh Everyday Dance Everyday: Lined Notebook for Girls, Perfect Gift for Dancers ~ Unique Inspirational Quote Diary for Dance Students, Teacher The Life You've Always Wanted: Spiritual Disciplines for Ordinary People Out of the Ordinary: A Life of Gender and Spiritual Transitions Liturgy of the Ordinary: Sacred Practices in Everyday Life Mudhouse Sabbath: An Invitation to a Life of Spiritual Discipline: An Invitation to a Life of Spiritual Disciplines (Pocket Classics) Living A Balanced Life: Applying Timeless Spiritual Teachings To Your Everyday Life Renaissance: Everyday Life (Everyday Life (Good Year Books)) Middle Ages: Everyday Life (Everyday Life (Good Year Books)) The Making of an Ordinary Saint: My Journey from Frustration to Joy with the Spiritual Disciplines

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)