



## The Sacred Art of Chant: Preparing to Practice (Paperback)

By Ana Hernandez

Jewish Lights Publishing, United States, 2005. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Open your mind and heart, lift your voice, and discover how the sacred art of chant can enrich your spiritual life. Chanting with an intention to open our hearts and minds to the presence of God in us helps us to be quiet in the face of mystery and learn how to hear what it has to say to us. Chanting is holistic. It will transform you, you will embody the change, and people will notice the new, more grounded you. More important, though, you will notice the new, more grounded you. --from the Introduction The Sacred Art of Chant invites you to use your own voice to create sacred sounds--no matter your religious background or vocal ability. Drawing on chants from several different faith traditions, this invigorating guidebook is ideal for anyone who wants to enliven their prayer experience in a unique way and navigate a path to a conscious relationship with God. Chant isn't just about monks or ancient Hindu gurus--this dynamic spiritual art continues to be developed and practiced today. Like other spiritual disciplines, chant can...

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