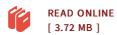




Writing Yourself Awake: Meditation and Creativity (Paperback)

By Kimberley Snow

Bluestone Books, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Writing Yourself Awake creates a simple approach for enhancing creativity, integrating the emotions, gaining insight, and increasing spontaneity by integrating writing and meditation. Drawing from both Eastern and Western sources of wisdom, author Kimberley Snow, Ph.D., uses short teachings, writing suggestions, meditation techniques, and active imagination to lead the reader toward deeper awareness. What are we waking up from? Let's call it the daze of the isolated, reactive, limited self. What are we waking into? A larger, more easeful world, where things are not fixed, but flow. By combining authentic Buddhist sources of wisdom with her own extensive experience as a writer and writing teacher, long-time practitioner, Kimberley Snow has created a unique book that will be of benefit to many. For all that she writes with authority and from a platform of broad knowledge and understanding, her tone remains that of a spiritual friend, grounded in compassion, always encouraging the readers to uncover their own innate wisdom. Tulku Orgyen Phuntsok, Vairotsana Foundation. It's natural that both writing and meditating work so well in tandem. Both are seeking what...



Reviews

Very good eBook and valuable one. This is for anyone who statte that there was not a worth reading. You will not truly feel monotony at at any time of your own time (that's what catalogs are for concerning if you question me).

-- Ms. Ona Muller

The ebook is great and fantastic. It is among the most remarkable ebook we have go through. I am easily can get a pleasure of looking at a published publication.

-- Clement Hessel I

Relevant Books



Because It Is Bitter, and Because It Is My Heart (Plume)

Plume. PAPERBACK. Book Condition: New. 0452265819 12+ Year Old paperback book-Never Read-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy-1 ship FAST with FREE tracking!!!! * I am a reputable...



Way it is

Second Story Press. Paperback. Book Condition: new. BRAND NEW, Way it is, Donalda Reid, It's the 1960s - the time for equal rights, peace, and love. But for Ellen Manery, it's the time to work hard and finish high school early. She'd...



Christian Children Growing Up in God s Galaxies: Bible Bedtime Tales from the Blue Beyond

 $Create space, United States, 2012. \ Paperback. \ Book \ Condition: New. \ 229 \ x \ 152 \ mm. \ Language: English. \ Brand \ New \ Book \ ***** \ Print \ on \ Demand \ ******. Christian \ Children \ Growing \ up \ in \ God \ s \ Galaxies \ is \ a \ group \ of \ ten \ children \ s \ stories, set \ on \ far \ off...$



Read Write Inc. Phonics: Green Set 1 Non-Fiction 3 Let s Go!

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. 215 x 88 mm. Language: N/A. Brand New Book. These decodable non-fiction books provide structured practice for children learning to read. Each set of books is carefully levelled to match childrens growing...



Write Better Stories and Essays: Topics and Techniques to Improve Writing Skills for Students in Grades 6 - 8: Common Core State Standards Aligned

Createspace Independent Publishing Platform, United States, 2012. Paperback. Book Condition: New. 277 x 211 mm. Language: English . Brand New Book ***** Print on Demand ******.Mr. George Smith, a children s book author, has been conducting writing workshops at schools since 2004....



Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts Fitness, Nutrition and Values

Summer Fit Learning. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 10.6in. x 8.3in. x 0.5in. Summer Fit Activity Books move summer learning beyond academics to also prepare children physically and socially for the grade ahead. Academic exercises are based on Common Core...