



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...



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