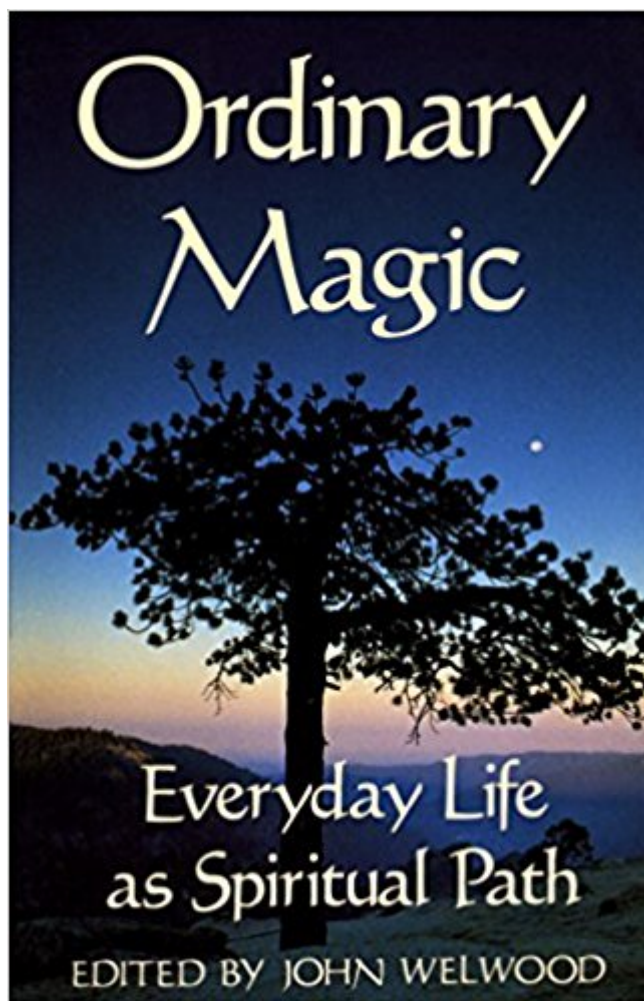


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# Ordinary Magic: Everyday Life As Spiritual Path



## Synopsis

Spiritual practice and meditation are often thought of as being the province of priests, monks, and nuns—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

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## Customer Reviews

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

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