



## A Way of Knowing

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By Joy Mead

Wild Goose Publications. Paperback. Book Condition: new. BRAND NEW, A Way of Knowing, Joy Mead, A Way of Knowing is about small things and little occasions, the smells, colours, sounds, the looking, perceiving, thinking, remembering of our lives and the love that makes them significant. In a mix of poems, stories and material suitable for private or public reflection the book explores our knowing and our unknowing. It celebrates the validity of all experience, singing the creation and resting in the beauty of silence. The Buddha was once asked, 'What makes a person holy?' He replied, 'Every hour is divided into a certain number of seconds and every second into a certain number of fractions. Anyone who is able to be totally present in each fraction of a second is holy.' There is nothing common about common life - it takes an awakened sense to see what is mysterious in each ordinary moment, to ponder in our hearts, to really see people and things - not our preconceptions of them. Sharing the story of who we are and what we have seen, listening to the stories of others, using our imagination fully, these are amongst the greatest things we can...



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