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Sacred Attention: A Spiritual Practice for Finding God in the Moment

By Margaret D McGee

Jewish Lights Publishing, United States, 2011. Paperback. Book Condition: New. 216 x 142 mm. Language: English . Brand New Book. Just One Moment of Close Attention Can Be a Prayer to God Does God communicate through the natural world? Through the slug on the compost pile, the leaf on the lawn, the stone tumbled on the beach, the air that feeds my lungs, the dreams that fill my nights? How will I know unless I pay attention? from the Introduction Paying attention is rarely easy to do. It requires focus, patience and a willingness to slow down traits that are hard to come by in this hurry-up world. But close attention to even one small piece of creation, one object, person, routine, image, word or scripture, can become a prayer to God, opening a channel of communication between you and the Divine to allow for deep spiritual growth. In this inspiring guide, you will discover ways to develop a practice of attention as a means of talking and listening to God. Framed on the Christian liturgical year and paired with images of the seasons of the earth, each chapter includes an insightful and poignant narrative which illustrates the surprising richness to be...



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