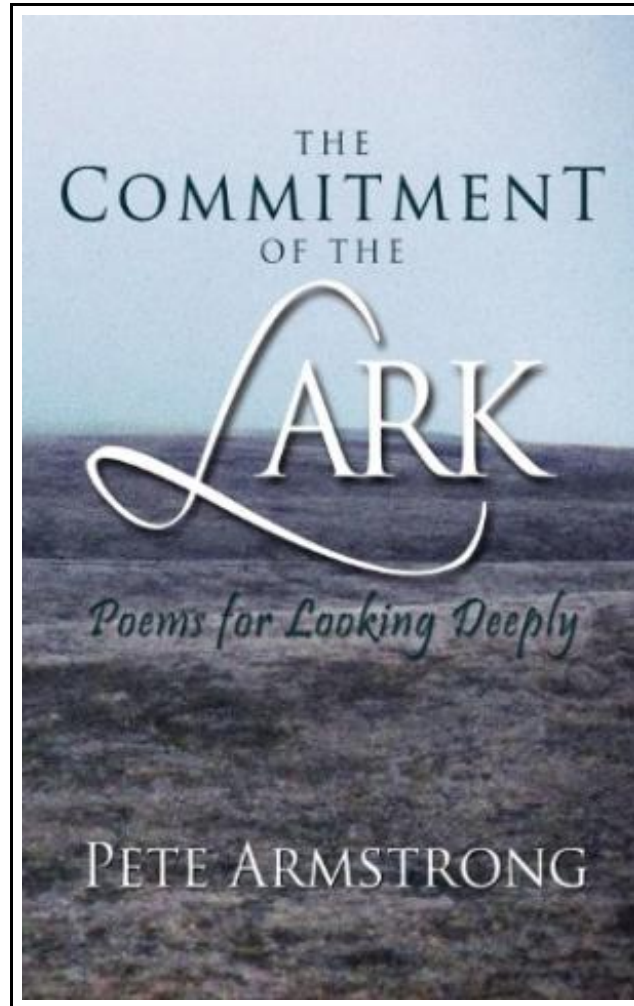


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Spiderwize, United Kingdom, 2012. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Written from a space of meditation, these poems are an invitation to look more deeply. How do we grow and transform? How can we love more fully? What is meditation? How come I know what to do but don't do it? What more might I do with this gift of life? Buddhist, Christian and other wisdom traditions East and West can offer us guidance, but we still have to put it into practice ourselves through our own lives, our own bodies, minds, and relationships. Sometimes we glimpse partial answers along the way that can make us smile at our own folly and our own wisdom. Sometimes these glimpses can help us to become more deeply appreciative of what we are offered in this moment, and this, and this.



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