



Druidry and Meditation

By Nimue Brown

John Hunt Publishing. Paperback. Book Condition: new. BRAND NEW, Druidry and Meditation, Nimue Brown, When I started running meditation groups, I searched for a book that would tell me how to do it. There wasn't one. Like many Pagans, I hate dogma and resent being told exactly what to do. But at the same time, like everyone starting out on something new, I wanted a frame to hang my work from. I learned the hard, slow way. Druidry and Meditation is a guide for Druids who want to meditate. It explores meditation for the body, the intellect, the emotions and for spiritual practice. There are plenty of easy to follow exercises, along with prompts about how to develop your own work from there, held by a philosophical framework. I've included sample pathworkings to get people started, and a detailed explanation of how to construct your own. There's a chapter on how to run a meditation group - covering practical issues as well as the art of writing for groups and the technicalities of guiding. I've also included a section on how to incorporate meditation into group ritual, covering practical issues. Druidry is a beautiful, multifaceted, nondogmatic spirituality. Every aspect of...



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