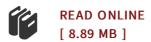




The Grace in Aging Awaken as You Grow Older

By Kathleen Dowling Singh

Wisdom Publications. Paperback. Book Condition: New. Paperback. 304 pages. Dimensions: 8.8in. x 5.8in. x 0.8in.Learn to use your later years for awakening and spiritual growth. Encouraging, inspiring, and practical, The Grace in Aging invites all those who have ever experienced spiritual longing to awaken in their twilight years. Since aging, in and of itself, does not lead to spiritual maturity, The Grace in Aging suggests and explores causes and conditions that we can create in our lives, just as we are living them, to allow awakening to unfoldtransforming the predictable sufferings of aging into profound opportunities for growth in clarity, love, compassion, and peace. Kathleen Dowling Singh streamlines vast and complex teachings into skillful means and wise views. Straightforward language and piercing questions bring Singhs teachings into the sharp focus of our own lives; the contemplative nature of each chapter allows for an uncommon depth of inquiry. Examples from our lives and from the chatter in our own minds touch the reader personally, offering the chance to absorb the implications deeply and do the work of freeing his or her own mind. Ecumenical in spirit, tone, and language, Singh offers wisdom from teachers from a variety of spiritual backgrounds: Chogyam...



Reviews

This publication could be worthy of a study, and superior to other. it was writtern extremely perfectly and beneficial. I am just easily could possibly get a delight of reading through a published pdf.

-- Prof. Bernie Torphy

I just started off reading this article ebook. It is actually writter in basic words and not confusing. I am just very happy to let you know that this is the best ebook i actually have read through inside my individual daily life and can be he finest ebook for possibly.

-- Dayne Johns