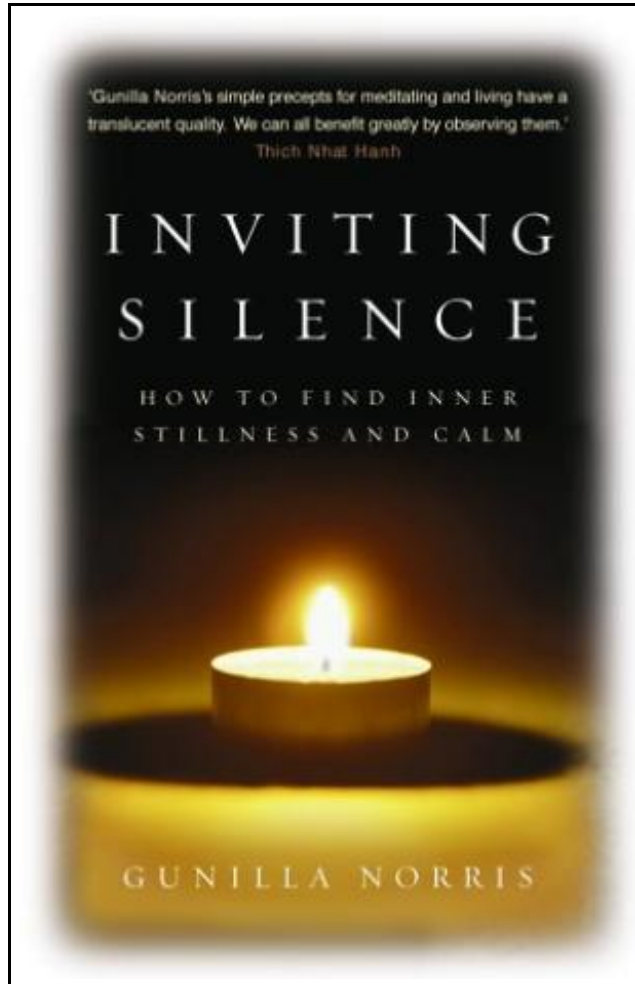


## Inviting Silence: How to Find Inner Stillness and Calm



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***(Lula Graham IV)***

## INVITING SILENCE: HOW TO FIND INNER STILLNESS AND CALM



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Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Inviting Silence: How to Find Inner Stillness and Calm, Gunilla Norris, 'People often contact me because they have lost some kind of meaning thread in their lives. Without a sense of meaning our lives lose their lustre. We endure our days rather than embrace the living of them. To enter the realm of meaning requires attention and dedication. It requires an interior, reflective life. It requires the calming of our usual chattering minds.' In the noise and rush of life today we often yearn to find the natural stillness which is our birthright. This thoughtful and poetic guide explains the universal principles of meditation practice and mindful living. It is divided into four sections: Beginning Silence which reflects on the understanding that longing and discontent is a wake-up call, an invitation to begin. Growing Silence which dwells on yearning itself as a path, with acceptance of the ambivalence which accompanies any deep change. Practising Silence which describes the practise of meditation. Sharing Silence encourages the idea of formal practice with others to deepen and sustain the experience of cultivating a peaceful heart.



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