



## Ordinary Magic: Everyday Life as Spiritual Path

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# Ordinary Magic: Everyday Life as Spiritual Path

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Spiritual practice and meditation are often thought of as being the province of priests, monks, and nuns—those few individuals who have returned from the preoccupations of day-to-day life. This inspiring book reveals how the simple practice of mindfulness can be a magical and transformative part of anyone's daily life. Thirty-five wide-ranging essays written by well-known spiritual teachers, therapists, and creative artists show how learning to focus awareness can bring a new richness to ordinary activities; how mindfulness can heighten creative pursuits such as painting, journal writing, or playing music; how contemplative awareness enhances both physical and psychological well-being; and how meditation can contribute to better relationships with family, community, and the world at large.

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