



Zen Prayers For Repairing Your Life

Tai Sheridan

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Tai Sheridan's 'Zen Prayers' addresses what is unsettled within you and cultivates integrity and virtue. Zen prayer includes intimacy with the ground of Being, making yourself whole through honest self-reflection, clarifying your deepest spiritual intentions, wishing for the welfare of the world, and affirming the essential goodness of people and life.

Prayer can release you from your habitual self-centered tendencies and can open the gates to your miraculous and wondrous existence. Prayer invites you to the timeless and infinite border of the material and invisible world, the place where phenomena and emptiness dynamically interact in the dance of existence. Through sound and silence, prayer invokes goodness, healing, mystery, blessings, and can ignite the flame of your heart.

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Spent a free the perfect time to be fun activity to complete! A lot of people spent their sparetime with their family, or their very own friends. Usually they doing activity like watching television, going to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Do you wish to something different to fill your personal free time/ holiday? May be reading a book is usually option to fill your totally free time/ holiday. The first thing you ask may be what kinds of e-book that you should read. If you want to attempt look for book, may be the book untitled Zen Prayers For Repairing Your Life can be great book to read. May be it can be best activity to you.

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