



Your Altar: Creating a Sacred Space for Prayer & Meditation

Sandra Kynes

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In this fast-paced world of over-stimulation and distraction, keeping a private space for meditative retreat and spirituality is essential. Creating an altar using the power of numbers allows you to achieve spiritual stillness in a personal and meaningful way.

The numbers one through nine each carry a profound symbolic history and significance. Harness this energy and apply it to your life by selecting the number that best resonates with your intention and using it as a guide to your altar design.

Deepen your spiritual practice

Explore your inner world

With meditation techniques and many examples of prayers, practices, and rituals from all major faiths, popular author and Celtic scholar Sandra Kynes offers a new approach to altar-building. Using representations of elements from myth and nature as focal points, you can create an altar that best suits your spiritual needs.

Straightforward and practical, with easy-to-follow instructions and clear illustrations, this unique book allows you to experience the restorative benefits of altars?and ultimately reconnect with that sacred space within yourself.

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A lot of people always spent their very own free time to vacation as well as go to the outside with them family members or their friend. Were you aware? Many a lot of people spent many people free time just watching TV, or perhaps playing video games all day long. In order to try to find a new activity that is look different you can read the book. It is really fun to suit your needs. If you enjoy the book that you just read you can spent the entire day to reading a e-book. The book Your Altar: Creating a Sacred Space for Prayer & Meditation it is rather good to read. There are a lot of those who recommended this book. These people were enjoying reading this book. In the event you did not have enough space to deliver this book you can buy the particular e-book. You can m0ore quickly to read this book from your smart phone. The price is not too costly but this book offers high quality.

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