



Traveling Spirit: Daily Tools for Your Lifes Journey

By Diana J. Ensign

Balboa Press. Paperback. Book Condition: New. Paperback. 198 pages. Dimensions: 9.0in. x 6.0in. x 0.5in. Traveling Spirit shares practical spiritual tools for your lifes journey. This is the perfect book for anyone seeking help and guidance with human suffering. If you have experienced difficulties associated with grief, loss, addictions, or dealing with any of lifes challenges, Ensigns book offers a path from suffering to happiness. That path begins within. The journey to wholeness starts with the breath, an essential tool for any spiritual undertaking. Traveling Spirit then explores ancient spiritual techniques, from the more common practices such as yoga and meditation to the lesser-known practices of tai chi and shamanism. Find the joy in learning to apply spiritual tools in your daily life. Ensigns book shows us the link between practicing our daily routines to building a more loving world community. A percentage of the profits from the book support the Lambi Fund of Haiti, which works on reforestation in Haiti, along with womens and girls health, nutrition, and education. Visit them online at www.lambifund.org. Based on Diana J. Ensigns firsthand experience within many religious and healing traditions, Traveling Spirit is an honest, practical, and transformational blueprint for living...



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