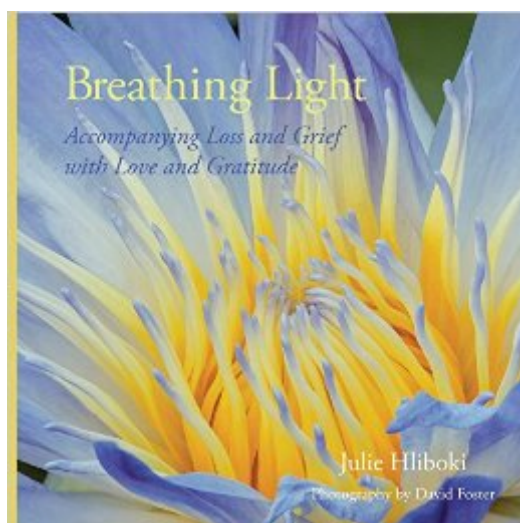


The book was found

Breathing Light: Accompanying Loss And Grief With Love And Gratitude



Synopsis

Breathing Light is written for everyone who has experienced loss or grief, especially the loss of a loved one. The book takes you on an inspirational journey, beginning with Hlibokiâ™s poems and prose that convey how love, gratitude, and compassion arise over and over again in the midst of suffering. The second half of Breathing Light offers interfaith prayers and poetry written by various authors that invite you to experience love, joy, and peace from many different perspectives. Exquisite photographs by award-winning photographer David Foster accompany each piece. Meditations bid you to practice breathing light.

Book Information

Paperback: 102 pages

Publisher: Transilient Publishing (November 1, 2014)

Language: English

ISBN-10: 0983260230

ISBN-13: 978-0983260233

Product Dimensions: 8.5 x 0.3 x 8.5 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (3 customer reviews)

Best Sellers Rank: #470,354 in Books (See Top 100 in Books) #78 inÂ Books > Literature &

Fiction > Poetry > Themes & Styles > Death, Grief & Loss #900 inÂ Books > Self-Help >

Relationships > Love & Loss #910 inÂ Books > Self-Help > Death & Grief > Grief & Bereavement

Customer Reviews

A wonderful book! I've bought copies for many friends and family members who will benefit from being accompanied by this wisdom and joy. In Breathing Light, Julie Hliboki has written yet another spiritually uplifting and artistically compelling book. Her meditations create a compassionate space in which we can embrace and honor the grief we experience as we accompany a loved one who is departing this life. She draws on wisdom from several spiritual traditions that offer solace and inspiration, and her words are perfectly paired with David Foster's wondrous nature photographs. Those images draw us in, inviting us to both lose and find ourselves in the beauty of creation. All who are caring for people as they return to the mystery from which they came will find a comforting companion in this beautiful book.--Parker J. Palmer, author of Healing the Heart of Democracy, A Hidden Wholeness, and Let Your Life Speak Care responders to those who are suffering or saying goodbye are often undernourished. Dr. Hliboki has produced a companion for that journey. The

gathered wisdom and guiding thoughts help us to center on the beauty of relaxing our breath and capturing sacred moments. As mindfulness and other meditative practices account for routine health interventions alongside allopathic responses, Hliboki reminds us of the spiritual source of their power. This beautiful book will serve as an internal reference that soothes the soul so that another soul can be revered.--George Henry Grant, MDiv, PhD, Executive Director, Spiritual Health at Emory Healthcare

Breathing Light invites the reader into moments where suffering and pain is the threshold between this life and the Great Mystery beyond.

[Download to continue reading...](#)

Breathing Light: Accompanying Loss and Grief with Love and Gratitude Gratitude: Discover How To Gain Emotional Freedom Through The Power Of Gratitude (Gratitude and Happiness, Healing Power of Gratitude, Gratitude Daily, Gratefulness and Thankfulness) The Comprehensive Hair Loss Guide: Hair Loss Treatment and Cure for Men and Women (Hair Loss Treatment for Women, Hair Loss Treatment for Men, Hair Loss ... Loss Remedies, Hair Loss Cure, Alopecia) Hair: Hair Loss: Learn About Hair Loss Prevention Methods and Regrowth Treatment: Hair Loss Cure: Hair Loss (Men's Health, Hair Loss Treatment, Regrow ... Loss Treatment for Woman, Hair Loss Cure) 21 Prayers of Gratitude: Overcoming Negativity Through the Power of Prayer and God's Word - A Life of Gratitude Five Minute Gratitude Journal: 5 Short Minutes A Day To Develop An Attitude of Gratitude (Five Minute Journals) (Volume 1) Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) Super Power Breathing: For Super Energy, High Health & Longevity (Bragg Super Power Breathing for Super Energy) Beloved on the Earth: 150 Poems of Grief and Gratitude Grief: Overcome The Loss of A Friend or Family Member - Death, Bereavement, Family Loss & Depression (Mourning, Pain Relief, Loss, Emotional Pain, Funeral, Sympathy, Hospice Care Book 1) Hair Loss and the Big Pharma - The Ultimate Guide on Avoiding Frauds, Disinformation and Bad Medicine (Hair Loss Cure, Hair Loss Nutrition, Hair Loss Solutions, Hair Loss Alopecia, Alopecia Areata) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Hair Loss Cure & Treatment: Prevention & Effective Natural Regrowth Methods (Hair Loss Prevention, Hair Loss Treatment, Hair Loss Cure, Hair Loss For Men, Hair Regrowth, Self Help) Keyboard Strategies: Source Materials for Accompanying, Score Reading, and Transposing Grief Counseling and Grief Therapy, Fourth

Edition: A Handbook for the Mental Health Practitioner Understanding Your Suicide Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart (Understanding Your Grief) Light on Prāṇāyāma: The Yogic Art of Breathing Letters To My Ex-girlfriends: A Unique Love Story (Romance, love, sex, cheating, betrayal, ex-lover, poems,grief) The Ayurveda Hair Loss Cure: Preventing Hair Loss and Reversing Healthy Hair Growth For Life Through Proven Ayurvedic Remedies (Ayurveda Medicine, Hair ... Diet, Hair Loss Diet, Hair Loss Sollutions)

[Dmca](#)