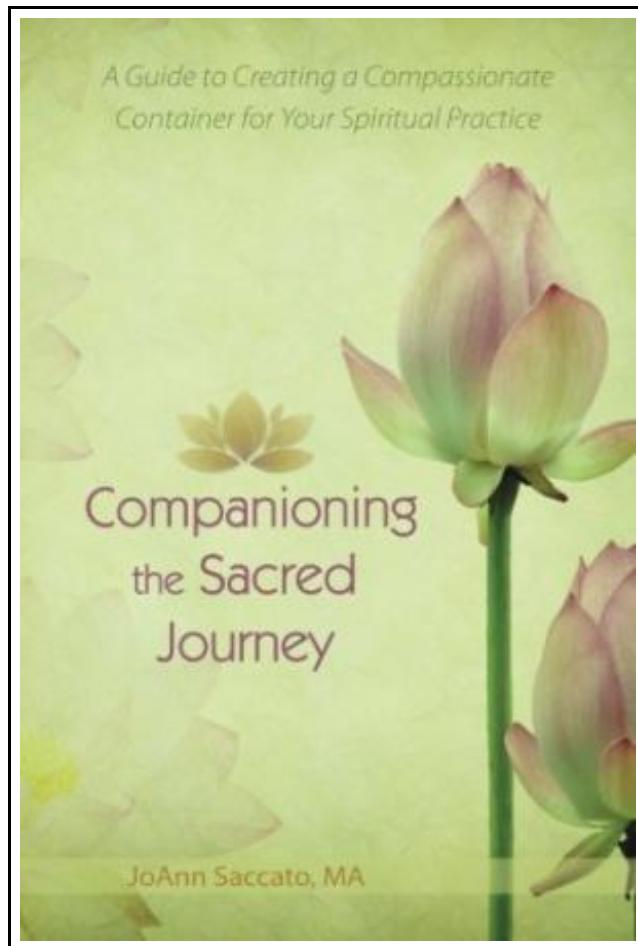


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Shylila Lassie Moon Publishing, United States, 2013. Paperback. Condition: New. Kathy Wolden (illustrator). Language: English . Brand New Book ***** Print on Demand *****. In this first book in the series published July, 2013, Companioning the Sacred Journey: A Guide to Creating a Compassionate Container for Your Spiritual Practice is the combined wisdom of self-awareness tools, mindfulness meditation, recovery principles, and the personal journey of JoAnn Saccato, MA and her life with her canine companion, Shyla. JoAnn begins the story after Shyla's passing. Having just relocated from their ten-year stretch of time living remotely off the grid in a single room cabin (with no automobile access, running water or indoor plumbing!) in the oak woodlands of Lake County, California, JoAnn reflects on the tools she has gained from this adventure and other life experiences and creates a guide for others undertaking a conscious spiritual path. More than a mere guidebook, the poignancy of the personal timing coupled with the unfolding in the larger community of collapsing economies, environment and personal inquiries to a more spiritual way of life, Companioning the Sacred Journey brings real life experiences and compassionate ideas as touchstones to benefit the reader's own personal journey, relationships and the larger community. JoAnn brings a hopeful vision to her clients and community by encouraging the cultivation of a spiritual path as a core requirement for our future sustainability. The book is filled with practical exercises for creating a compassionate container for the reader's personal journey. The Journal: My Compassionate Container is a companion journal to the book. It provides the simple elegant space and gentle encouragement to deepen your reflection and bring a sacredness to your journey. Illustrated by Kathy Wolden. For more information on JoAnn and courses designed around the book, visit.

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