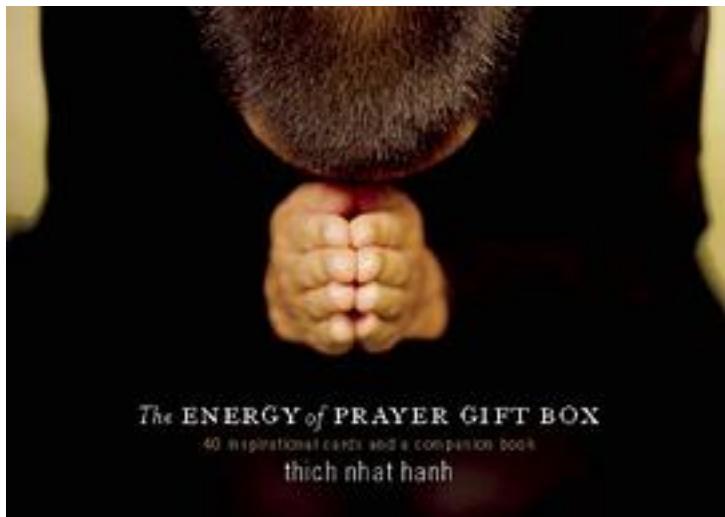


The Energy of Prayer Gift Box



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This finely crafted card-and-book set makes it easy for even busy readers to incorporate prayer and mindfulness practices into their daily lives. In the book, *The Energy of Prayer*, noted teacher Thich Nhat Hanh addresses the question Why do we pray? and explores the applications and effectiveness of chanting, meditation, and invocations in Buddhist, Christian, Jewish, and Islamic traditions. He introduces readers to several meditation methods that re-envision prayer as an open, inclusive, and accessible practice that helps create healthy lives through the power of awareness and intention. Written by Hanh and designed by artist Debbie Berne, the full-color cards are organized into four categories — Invocations, Chants, Meditations, and Sayings — and each offers a thoughtful image to accompany the prayer, chant, saying, or invocation. Selected to help direct readers' thoughts and intentions toward mindfulness, the cards are equally suitable for special occasions or everyday life. Detailed instructions explain the use and origin of each card.

作者介绍:

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