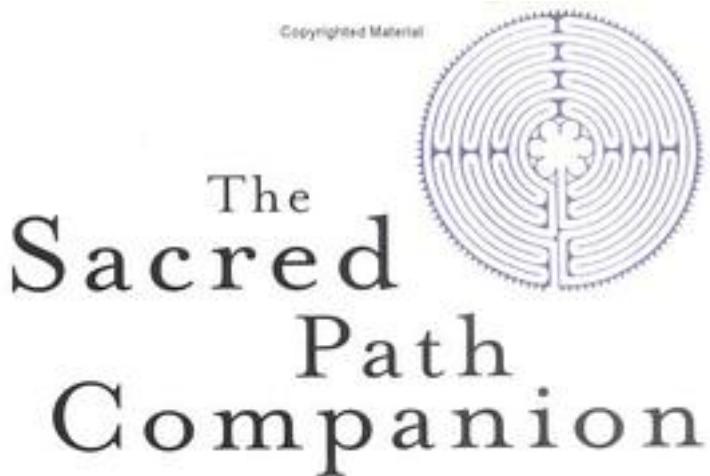


# The Sacred Path Companion



Lauren Artress

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出版者:Riverhead Trade

出版时间:2006-03-07

装帧:Paperback

isbn:9781594481826

Full of exercises, suggestions, questionnaires, assignments, and meditations for getting the most out of the Labyrinth experience, The Sacred Path Companion is the indispensable guide for anyone searching for a spiritual journey that will inspire, educate, and engage.

Created by one of the guiding forces of the Labyrinth movement and the author of Walking a Sacred Path, this comprehensive and interactive workbook includes:

- The art of Labyrinth walking
- The nine lessons of the Labyrinth
- Four guidelines to gauge spiritual growth
- Specific uses for healing and transformation through the Labyrinth
- Forgiveness and reconciliation
- The six purposes of ritual
- Developing visions for the Labyrinth movement

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