



Fully Awake and Truly Alive: Spiritual Practices To Nurture Your Soul

Jane E. Vennard

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Fulfill the reality that the glory of God is the human fully alive.

"Reverend Vennard is fearlessly awake to the wild dance of life. Rather than sleeping through life, she awakens to it. Rather than escaping from reality, she embraces it. Rather than distracting herself with a life to come, she dares to live the life that is. And she wants you to do all this as well. Read this book. Live this book. Wake up."

?from the Foreword

In a culture enthralled with technology, striving and speed, people of many faith traditions and no faith tradition long to slow down, pay attention and wake up to the present moment. They want help in realizing their hope that they can become more truly alive.

This engaging and highly readable book offers you guidance for the journey. Sharing stories from her personal life as a spiritual seeker and from her professional career as a retreat leader, spiritual director and teacher, Reverend Jane Vennard illustrates the joys and frustrations of spiritual practice, offers insights from various religious traditions, and provides step-by-step exercises and meditations to practice:

Caring for the body • Rest • Silence Solitude • Letting go • Community • Hospitality • Service • Living gratefully

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From reader reviews:

Ronald Castaneda:

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Donna Gray:

In this time globalization it is important to someone to acquire information. The information will make a professional understand the condition of the world. The fitness of the world makes the information easier to share. You can find a lot of referrals to get information example: internet, magazine, book, and soon. You will observe that now, a lot of publisher that will print many kinds of book. Often the book that recommended for your requirements is Fully Awake and Truly Alive: Spiritual Practices To Nurture Your Soul this guide consist a lot of the information of the condition of this world now. That book was represented just how can the world has grown up. The words styles that writer use for explain it is easy to understand. The actual writer made some investigation when he makes this book. Here is why this book suitable all of you.

Mark Bock:

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