

Living Life as a Prayer
by Carol Marcy

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Living Life as a Prayer teaches you how to weave the Sacred into your everyday life.

Because of the tremendous resurgence of interest in spirituality, people are seeking a spiritual path that extends beyond a particular day of the week or a particular religious tradition. *Living Life as a Prayer* is especially valuable if you are beginning to seek your own internal truths, to wonder about who you are, how you can contribute to a larger global community and how you can connect to the ever-present source of Divine Love.



The core teaching of the book is that we are the living prayer that is offered to the Universe every moment. Every thought we create, word we speak, feeling we engender and action we take---these are parts of prayers that we make as human beings. The purpose of this book is to help you become more aware of the kind of prayers that you offer the Universe so that you can become prayers that are consciously constructed. Guiding the discovery of the truth of who you are, the book teaches that everyone has something important to contribute to all of life everywhere.

Living Life as a Prayer contains examples of intentions, healing journeys, shifting feelings, prayers, guidance, ceremonies and rituals. These examples are easy to grasp and are often crafted story form. The book also includes guided imagery sections that allow you hands-on-experience of the topics being discussed. Ideal for the beginner or seasoned practitioner alike, *Living Life as a Prayer* will help you to prepare, through a variety of healing processes, to create yourself as a prayer---a prayer that expresses your own uniqueness, power and oneness with the Divine.

You are invited to visit the web site www.DayOnePublishing.com/Prayer for more information, read samples from the book, see a detailed Table of Contents and read book reviews.

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