

Sitting in Pictures Vision Meditations for Addiction Recovery



BOOK DETAILS

- Author : Peoples of the Earth
- Pages : 294 Pages
- Publisher : Day By Day, Recovery Resources
- Language : English
- ISBN : 1934569151

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BOOK SYNOPSIS

This is a a deeply spiritual addiction recovery meditation book based on the Hopi tradition of sitting in pictures. It contains 280 visual mediations as well as a 12 Step Principle and the wisdom of an Elder or tribal adage from peoples around the world. Based on the Maya Tzolkin spiritual round, the days do not reflect the western Gregorian calendar. Instead the season are used for reference: Summer Solstice, Harvest Time, Winter Solstice, Spring Equinox. Letting the Spirit guide them, readers may use the meditations randomly or begin at the first mediation and go 280 days, then begin again. We trust that every reader will bring their own guidance when creating the healing visualization in each page of days. This meditation book is illustrated by Christine Sundry of the Menominee Nation (Menominee means wild rice in Chippawa). For more information please go to the website SittinginPictures.org

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