



# Sacred Practices for Conscious Living

*Nancy J. Napier*

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## **Sacred Practices for Conscious Living** Nancy J. Napier

Drawing on her own spiritual journey to a more solid sense of self - a journey colored by a lifelong awareness of spiritual realms - Nancy Napier describes a worldview focused on the blending of spiritual and material realities. Fundamental to this worldview is a belief that reality is more fluid than we perceive with our five senses, that there is a dynamic, creative interplay between seen and unseen dimensions of reality. In this context, we are co-creators of the life we experience. The author's personal stories and examples weave together several themes: the importance of experiencing a sense of meaning in life, of being aware of the sacred nature of all beings and life itself; wholeness, the underlying assumption that everything that exists is part of the full expression of life, individually and collectively; learning to be aware in the present moment; and suffering as an inescapable part of the unpredictability and challenge of everyday life. The author draws not only from a variety of spiritual and religious traditions but also from quantum physics for her sacred practices: meditations and exercises that represent practical ways of being in the real world. Sharing the stories of friends and clients, as well as her own experiences as a therapist with highly developed intuitive powers, she shows how these practices enhance a sense of aliveness, of spiritual and psychological vitality, to bolster us as we face each day. Ultimately, they lead to a life lived with greater awareness, ease, and equanimity.

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