



Holy Listening with Breath, Body, and the Spirit (Paperback)

By Whitney R Simpson

Upper Room Books, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. How might listening more deeply to your body change the way you listen to God? A stroke at age 31 forced Whitney Simpson to slow down and listen more deeply to her body. As she journeyed toward healing, she found several ancient practices helpful in connecting her body and spirit, which ultimately helped her listen more closely to God. This 40-day book of meditations guides you to listen to God through lectio divina (meditative scripture reading), yoga, breath prayer, and aromatherapy. It provides suggestions for small groups, descriptions and illustrations of yoga postures, and chair modifications for the yoga postures. Find out how to listen to God with your whole selfbreath, body, and spirit.



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