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Gods, Goddesses, and Saints: A Solitary Practice of Chanting and Meditation

Barbara Carroll

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Gods, Goddesses, and Saints: A Solitary Practice of Chanting and Meditation

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Gods, Goddesses, and Saints: A Solitary Practice of Chanting and Meditation Barbara Carroll Essential Tools to Develop Your Personal Spiritual Practice. Chanting exists in many religious and spiritual traditions. The practice of chant focuses the mind and body with simple physics of sound, while the choice of chant can reflect a specific need, or honor a tradition. Gods, Goddesses, and Saints is a user-friendly, in-depth guide to a solitary practice of chant and meditation, providing chants from many faiths, from pagan deities to saints from many religions. Beautifully organized in many different ways, this book encourages you to explore the resonance of important figures and their associations and meanings across many traditions. You will also find blank forms to help you create your own chants and meditations. Gods, Goddesses, and Saints provides a fresh view of spiritual practice and new ideas for the future of faith.

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