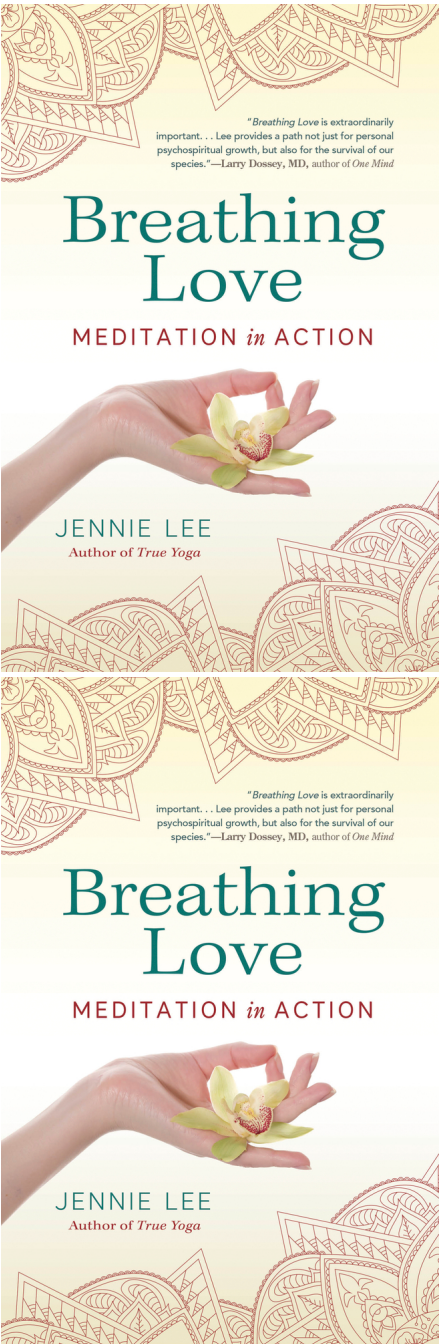


Breathing Love - Lee



Make Love Your Spiritual Practice

Rating: Not Rated Yet
Price
Salesprice with discount

Sales price \$16.99

Sales price without tax \$16.99

Tax amount

[Ask a question about this product](#)

Description

Discover how to embody love, breathe it as your daily spiritual practice, and recognize it as the core of who you are. Love is more than an emotional wave that passes through us, and meditation is what we need to clear our inner vision and overcome the impulses and habits that take us away from pure love. This remarkable book explores what love is and what it takes to live it each day, even in a world full of turmoil.

Jennie Lee shares many personal stories as she guides you into more active, conscious loving by overcoming anger and fear, building trust, learning to forgive, and dealing with loss. Using daily meditation practices—both on and off the cushion—and mindful action, Breathing Love shows you how to open your heart to your true nature as love itself.

Reviews

There are yet no reviews for this product.