
Book Information. Breathing Love: Meditation in Action. By Jennie Lee. Length: 196 pages. Description. "In this beautiful treatise, Jennie Lee gives practical ways to embody love itself; a true path to connection with our inherent divinity."—Tosha Silver, author of Outrageous Openness and Change Me Prayers. Make Love Your Spiritual Practice. Using daily meditation practices and mindful action, Breathing Love shows you how to open your heart to your true nature as love itself. Praise: Winner of the 2018 American Book Fest Best Book Award (Self Help/Motivational Category). Finalist for the 2018 Independent Author's Network Book of the Year Award (Spirituality/Inspirational Category). 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 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. You'll find a variety of topics, such as removing obstructions to love, building trust, learning to forgive, and dealing with meditation practices both on and off the cushion and mindful action. Breathing Love shows... Check ten of the greatest meditation books ever written by authors such as Zen master Thich Nhat Hanh to ABC News anchor Dan Harris. However, unlike Zen Mind, Beginner’s Mind, this isn’t an epic love letter to meditation and the quintessential Zen meditation guide, it’s more about little insights for and about meditation practice and how that applies to living everyday life. For that reason, I’ve found it to be the perfect compliment to Zen Mind, Beginner’s Mind. Written by the late Tibetan Buddhist teacher, Chogyam Trungpa, Meditation in Action goes deeper into the practice of meditation in an interesting way that makes it stand out from the rest of the books on this list. Trungpa was a very interesting and in some ways controversial figure while he was alive. “Breathing Love is simple. Just turn your focus inward for a moment and feel the energy of your heart. Love is right there. Breathe it in. Then breathe it out. Meditation draws us into love, and then as we offer it back into world, we ignite miracles. Read more in Breathing Love: Meditation in Action. On Amazon and in audio too! Jennie Lee - Author Spiritual Living. Check out this interview on #MomentswithMarianne show with special guest @JennieLee_author as we discuss her #book Breathing #Love: #Meditation in Action. . Heard on @iHeartRadio! Click on the link in my profile to Listen or download! Active conscious loving is the basis of the meditation practices offered in Breathing Love, providing you with inner solace and a deep sense of purpose. Whether in a relationship or not, in the prime of life or nearing death, you'll be encouraged to move beyond the pain, pride, and fear that keep you from love. Part One offers compassionate wisdom for expanding the experience of love within yourself and asks you to contemplate what might be keeping you from full capacity loving. Through intimate personal stories from Jennie's own life, you'll feel deeply assured that this call to love in action is possible no matter what life presents. Using the meditative practices given in each chapter is easy, whether you're a seasoned practitioner or new to meditation.