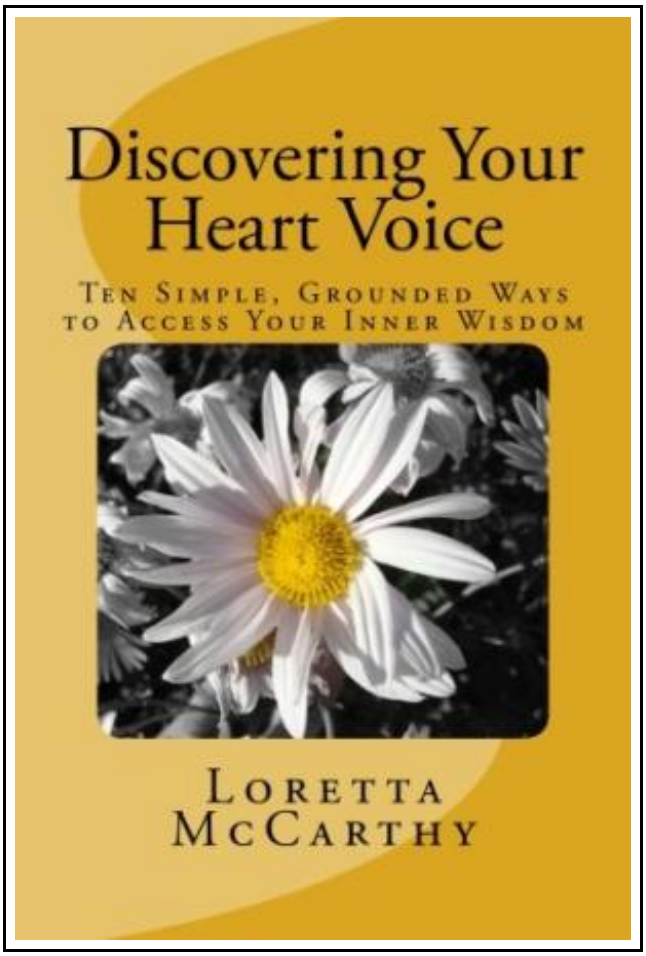
Discovering Your Heart Voice: Ten Simple, Grounded Ways to Access Your Inner Wisdom (Paperback)



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Discovering Your Heart Voice offers simple, grounded and engaging experiences to allow us to access our intuition. These SoulWork Adventures can bring our self-awareness out of hibernation, leaving us open to the knowing of our own heart. For over fifty years, author Loretta McCarthy, best known as Earthwalker, has been deeply engaged in companioning, tending and cultivating the garden of the soul, primarily in ministries among poor and struggling individuals and communities. She began developing SoulWork Adventures almost three decades ago while offering a retreat at Blue Cloud Abbey in South Dakota. She has been refining and collecting these self-opening experiences ever since, realizing that as the external world accelerates and becomes more chaotic, accessing our heart voice is more important than ever. As founder of Maisha House of Prayer in inner-city Atlanta, a ritual elder in a deep grief recovery program, and a minister to underserved communities, Loretta McCarthy has companioned seekers of all ages, religious backgrounds, and lifestyles. In these journeys, she noticed how easily and deeply people connect to their intuition with very simple practices when they undertake them with openness. Her recent study of Earth wisdom (permaculture), especially the process of thoughtful and protracted observation, further enriched these SoulWork Adventures and led her to the creation of new ones. The time pressure of modern life can lead to distraction and disconnection, making it difficult to just be--a requisite for accessing one s inner wisdom. In Discovering Your Heart Voice, Loretta shares ten SoulWork Adventure experiences designed for individuals and groups who are looking to let go, be attentive to Spirit, and have fun!.

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