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Music of Silence: A Sacred Journey Through the Hours of the Day

Brother David Steindl-Rast, Sharon Lebell

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Music of Silence shows how to incorporate the sacred meaning of monastic living into everyday life by following the natural rhythm of the hours of the day. The book tells how mindfulness and prayer can reconnect us with the sources of joy. “An invitation to join in quiet ecstasy, to rediscover sacred rhythms.” — Jack Kornfield, author of A Path with Heart

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