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## Inviting Silence: Universal Principles Of Meditation

By Gunilla Norris

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Inviting Silence. 59 likes. Universal principals of meditation.Â When we experience that silence, we remember who we are: creatures of the stars, created from the birth of galaxies, created from the cooling of this plane, created from dust and gas, created from the elements, created from time and space . . . created from silence. Inviting Silence. 29 November 2011 Â. Wonderful reviews on Amazon.com, Thanks for writing! Gunilla Norris' book is incredible. She teaches without teaching. Reading her book is a meditation in and of itself. The book carries you into meditation through her words...It is a soul's journey from noise to silence from beginnin

The basic principles of meditation and mindful living are explained in this guide for everyday living. Ideal for individuals and spiritual friends to use alone or with one another.Â Having long been an avid reader of everything Gunilla Norris has written, I was thrilled when 'Inviting Silence' came out in 1994. It is simple, practical and very accessible. Everything I loved in 'Sharing Silence' is not only there but is enhanced with that lovely translucent clarity so outstanding in what Gunilla Norris writes. The basic principles of meditation and mindful living are explained in this guide for everyday living. The deep and abiding qualities of silence and the foundation of true spiritual experience are explored, and the need to make conscious choices in daily life to ready oneself for meditation is illuminated.Â "Luminous and elegant, this book takes us step by step through the process of meditation and answers our most important questions about spiritual practice." -Gail Straub, author, The Rhythm of Compassion, "Luminous and elegant, this book takes us step by step through the process of meditation and answers our most important questions about spiritual practice."