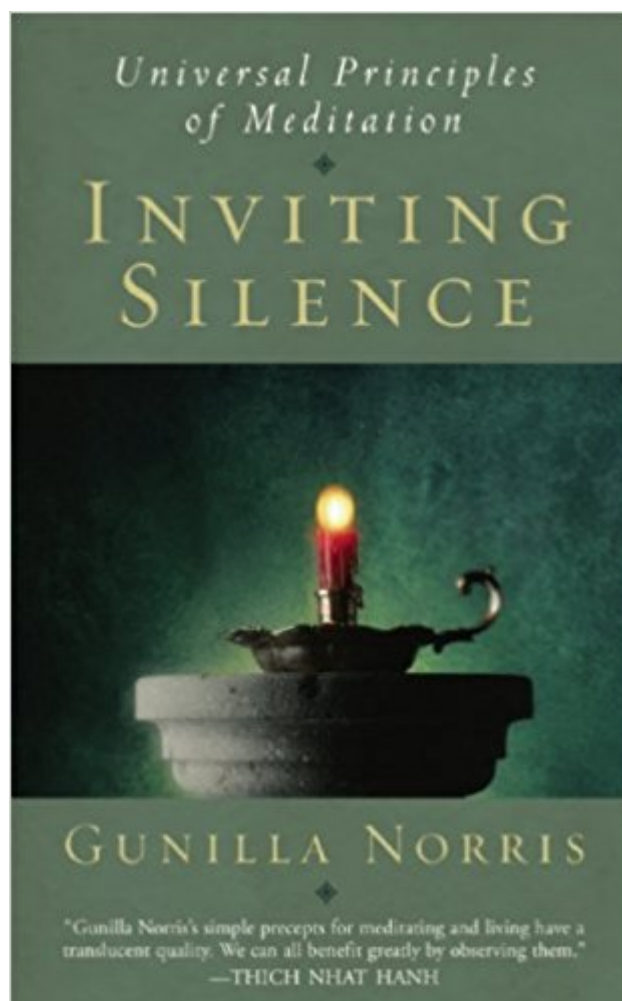


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Inviting Silence: Universal Principles Of Meditation



Synopsis

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, "Inviting Silence" is a thoughtful primer on finding silence and a practical manual on meditation for seekers of every persuasion.

Book Information

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Customer Reviews

A writer, therapist and meditation teacher, Norris pens an invitation and a challenge: be still. She writes for those who begin to experience spiritual yearning, as opposed to those who are already students somewhere along the spiritual path. As such, her instructions on beginning to meditate "becoming acquainted with and comfortable in silence" are simple and gradual. The material is logically organized, covering in friendly and flowing language what a beginner needs to know: Pay attention. Breathe. Sit up straight. Stick to it. Work with others to support a practice of silence. She rarely uses the term "meditate," as if that were too much spiritual jargon. This is paradoxically consistent with the best teachers of meditation, who know that the practice of paying attention is intended for everyday life as well as for the focused, intentional practice of meditation. A published poet, Norris chooses an evocative form for her words: a kind of spiritual blank verse, short unrhymed lines that themselves encourage slow reading and pausing to think and digest. ("In our present culture/silence is something like an endangered species....") This small, gift-sized book successfully gives a gentle nudge toward a demanding spiritual discipline. Copyright © Reed

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"Gunilla Norris's simple precepts for meditating and living have a translucent quality. We can all benefit greatly by observing them." — Thich Nhat Hanh, author, *Peace Is Every Step* "Just reading this book makes you want to sit down, take a deep relaxing breath, and refresh your spirit." — Jack Kornfield, author, *A Path with Heart* "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*

This is my favorite book about meditation practice. It's my favorite because it is so gentle, supportive and inviting. It introduces us to meditation practice with simple, poetic prose that expresses deep spirituality without any complicating "religious" language of any kind. I have recommended it and given it as gifts. I have used it in meditation groups. It speaks equally to total beginners and seasoned practitioners. It is a gem.

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. Thank you from my heart to her, to BlueBridge publishing for producing it and to .com for making it so easily available to us. Read it. I think you will agree that she shows us how and why the practice of silence is a gift to the universe -- one that we can all make.

Inviting Silence is truly inviting, simple reading that will bring you the gift of being with the healing space of silence, mindfulness and love. Truly an inspiring read. A must for anyone being called to create more peacefulness in their life. Gunilla Norris writes from the heart words that touch your soul. A gift to give!

I have read this book several times. I have given it to other people. It is POETRY. It is perfect for a beginner or an advance meditation practitioner. I practice meditation and it always provides me with reminders and new insights. I would highly recommend it, whatever your religious or spiritual background is. It truly is universal.

Likely the most powerful, effective meditation and spiritual guide book I've ever read. The author is a genius - without peer. So glad I came across her work (and this is just one of several books she's written). service, as always: first class. Thank you.

Great tool for those working in a Spiritual Direction ministry or just seeking a closer walk with a contemplative life-style. Can be used for individual study or group work. Gunilla Norris has a gentle style, her book never taxes the reader, but it doesn't disappoint either.

I return to Gunilla Norris and never fail to be refreshed. Inviting Silence is my companion on the journey inward.

Norris has a great knack for taking a powerful idea or thought, and reducing words to a minimum. The beauty of poetry with solid, practical ideas. For anyone who has ever contemplated meditation. To be read and reread many times.

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