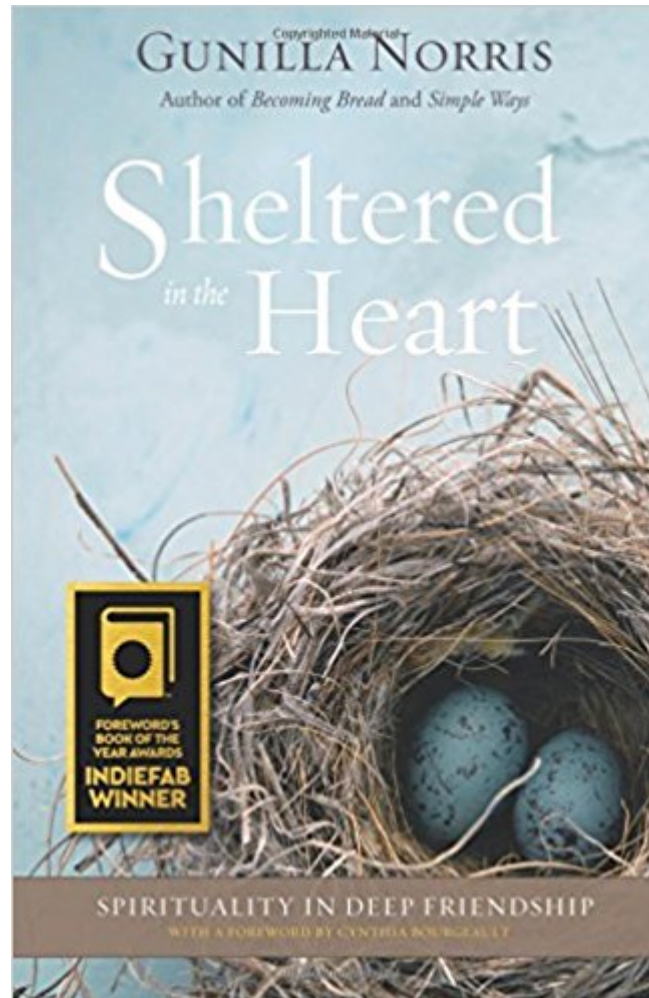




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# Sheltered In The Heart



## Synopsis

To have the deep love of a friend is to have the shelter in which to embody more and more of the essence that we each are. In her book Gunilla Norris shows how in holding each other with trust and compassion our shells fall away and we emerge into the world as freer beings. Participating in a true friendship is profound and holy work. This book is a gift for the journey.

## Book Information

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## Customer Reviews

"Gunilla Norris's remarkable reflections on friendship inspire and guide us to the deep place where we can 'see the stars in one another.' A marvelous book to gift the friends who sustain and enrich our lives."--Joyce Rupp, award-winning author of numerous books including *My Soul Feels Lean: Poems of Loss and Restoration*

"Gunilla Norris has gifted us with a marvelous little book on creating and nurturing authentic friendships. Read this book slowly--like a prayer book. The poetry of her words will bless you with every page-turn *Sheltered in the Heart* sings of a resilient faith lifted out of the dance of life. I joyfully recommend it."--Macrina Wiederkehr, O.S.B., retreat guide and author of *Abide: Keeping Vigil with the Word of God*

"Here, Norris brings her poetic prose and deep wisdom for finding the holy within the human to a high view of friendship where Spirit works within us to foster the spacious, healing companionship of compassion that connects us to all of life; within, between, and beyond."--Greg Johanson, Ph.D. co-author of *Grace Unfolding: Psychotherapy in the Spirit of the Tao-te ching*

"Like a master diamond cutter, Norris deftly works her words to reveal the myriad facets of the mystery of sacred friendship in all its grace and durability. What she offers are the luminous contours of life's most precious gem, whose worth is beyond

calculation, whose every feature refracts not just light, but enlightenment."--Kathleen Deignan, CND  
"Sheltered in the Heart is an invitation. Here Norris invites the reader to explore what it is to have and what it is to be a friend of depth--of the soul. In a café, at bedside, under a favorite tree, this little book can become a deep friend, guiding you into a more intimate relationship with your self and the world. Respond with the word, yes."--Jamie K. Reaser, author of *Sacred Reciprocity: Courting the Beloved in Everyday Life*

2013 Pushcart Prize Nomination  
Finalist 2013 Foreword Review Book of the Year Award (Mind, Body, Spirit Category)  
2014 Nautilus Book Award Silver Medal (Relationship and Communication Category)  
Winner 2013 Foreword Review Book of the Year Award Finalist (Mind, Body, Spirit Category)  
Winner of the 2014 Next Generation Indie Book Awards, Best Spiritual Title  
"A loving spiritual connection between people is full of nurturing and waiting. It has to take place over time. It is in duration that trust comes into being. As we witness one another's inner beauty and essence we are giving and receiving the greatest of gifts. I believe we are asked to develop deep friendships not only for our own sakes but also for the sake of one another and for the sake of Love itself. Together we can attend to the longing that dwells at the core in each and everyone of us and so become more of who we essentially are ...parts of Love itself." -- Excerpt from *Sheltered in the Heart*

Simple, clear, warm and deep. Gunilla Norris does it again., Her lovely, poetic prose focuses on the multiple facets of the special relationships she calls Spiritual Friendships. It's not just about lovers and life partners, but those relationships that come in many forms--the ones that touch and support us at the soul level. It's a subject we don't usually talk about. I loved this book.

Goes straight to the heart and like her other books, *Sheltered in the Heart* is filled with Gunilla's compassionate and loving wisdom. I have ordered several copies to give to all my friends, but I also am featuring it at my Center. A MUST READ and KEEP book. Kalpana.

True friendship is something all of us yearn for and treasure. As I began to read this small gem, it came to me that Gunilla has a Mary Oliver-like quality. She writes simply and eloquently, from her personal experience, and offers only the essentials. When I founded Bell Tower in 1989, the very first book I published was Gunilla's *BEING HOME*. I fell in love with it at first sight and went on to publish three more of her books. *SHELTERED IN THE HEART* is a book I wish I'd written--or published.

All of her books are good, filled with thought provoking words. Although I didn't think this was her best, it is definitely worth reading.

I purchased Sheltered in the Heart as a gift to myself knowing that all of Norris' books are my absolute favorites. My intention was to sit down with her book on Thanksgiving morning and begin. What I treasure most about all her books is the way each word is chosen with delicate simplicity that invites me into her poetic expression. As I began to read the first few pages, I was drawn into the profound meditations and soon discovered myself entering into a soul space beneath her words. Overwhelmed with gratitude for the gift of her language that describes those soul friendships in my life, I set the book aside and knelt in prayer. This book should be read slowly, each meditation a prayer in and of itself.

Splendid!

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 and 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!

This is a book that speaks to the heart. It is perfect for reading in a daily meditative practice, for each entry brings up countless thoughts and feelings. It is truly the perfect gift for a dear friend.

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