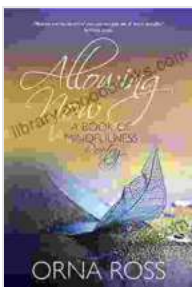
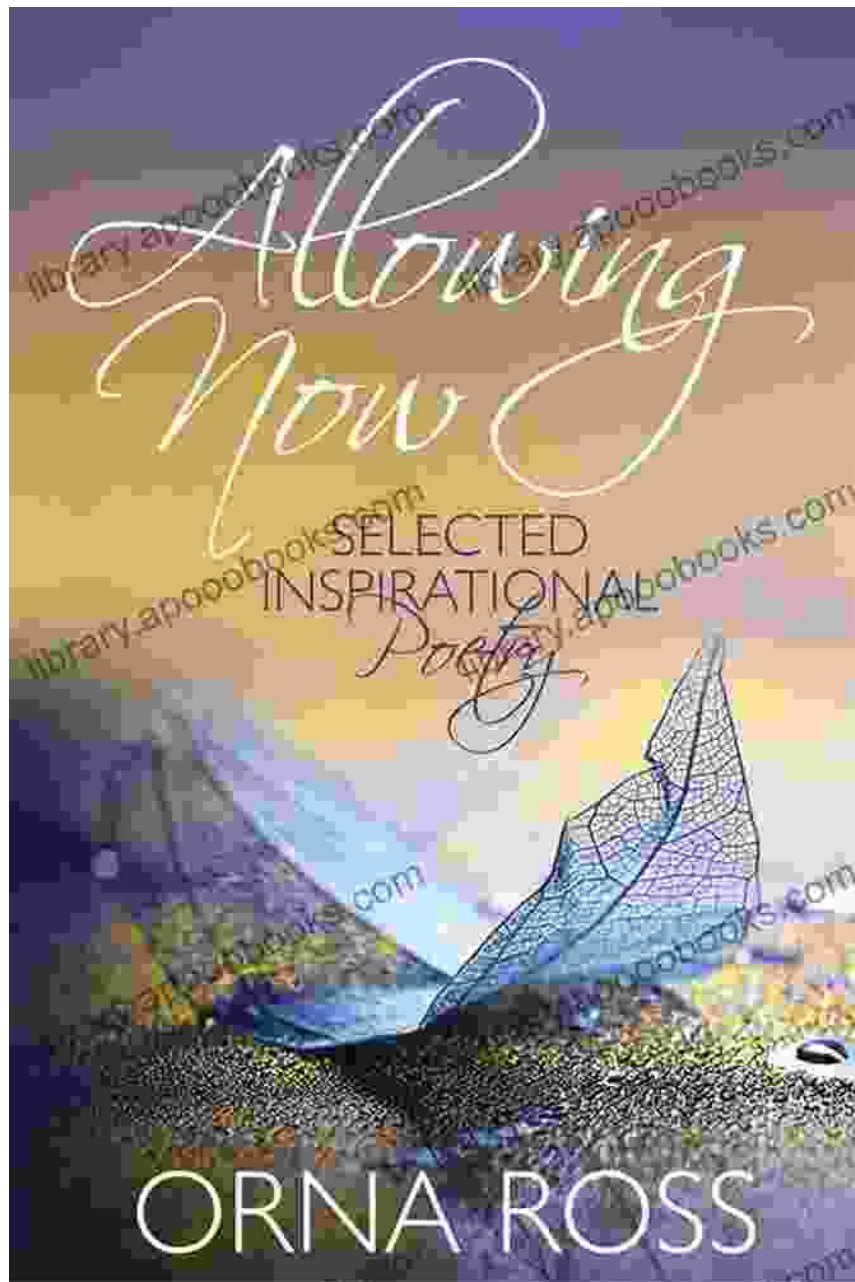


Allowing Now Of Mindfulness Poetry



Allowing Now: A Book of Mindfulness Poetry by Orna Ross

★★★★☆ 4.2 out of 5

- Language : English
- File size : 566 KB
- Text-to-Speech : Enabled
- Screen Reader : Supported
- Enhanced typesetting : Enabled

Word Wise : Enabled
Print length : 93 pages
Lending : Enabled



Discover the Transformative Power of Mindfulness Poetry

In a world filled with constant distractions and demands, finding moments of stillness and connection to the present moment can be a challenge. 'Allowing Now' is a collection of mindfulness poetry that offers a gentle invitation to slow down, breathe deeply, and reconnect with your inner self.

Through vivid imagery and heartfelt words, each poem in this collection is a guide, helping you to let go of distractions and embrace the fullness of life as it unfolds. Whether you're seeking emotional healing, inner peace, or spiritual growth, 'Allowing Now' offers a path to greater awareness, acceptance, and connection.

What You'll Discover in 'Allowing Now':

- The power of mindfulness to transform your daily life
- How to cultivate a deeper connection to the present moment
- Techniques for letting go of distractions and negative thoughts
- The importance of self-compassion and acceptance
- Inspiration for personal growth and spiritual awakening

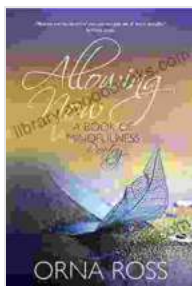
With its lyrical language and evocative imagery, 'Allowing Now' is a book that will resonate with anyone who seeks a deeper connection to

themselves and the world around them. Whether you're a seasoned meditator or new to the practice of mindfulness, this collection of poems offers a gentle and accessible way to cultivate a more mindful and present way of living.

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