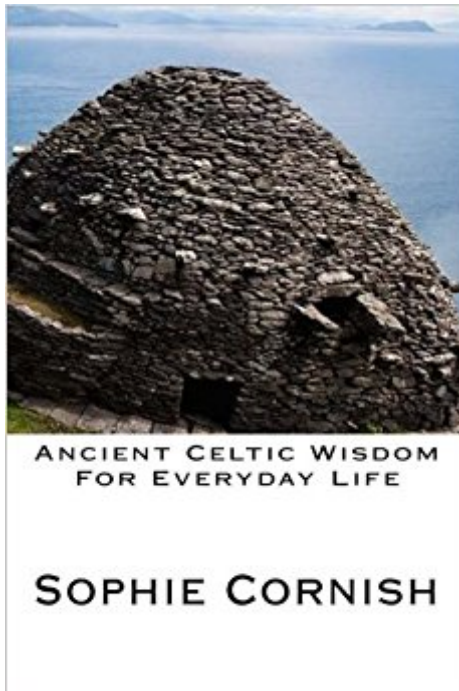




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# Ancient Celtic Wisdom For Everyday Life



## Synopsis

Celebrate the Ancient Wisdom and Living traditions. From the land of the Ancient Celts – an inspiring collection of teachings, traditions, and eternal wisdom that is as true today as it was thousands of years ago. They revered the land. They Found meaning in the passage of the seasons. They faced life with courage and joy, and took comfort from a daily relationship with the sacred that was as real to them as the air they breathed. With this book, Sophie shows us how the vibrant culture and timeless spirituality of the ancient Celts can enrich our lives today. This informative and uplifting book introduces us to the basic tenets of Celtic spirituality, from their mystical druidic origins to the development of early Christianity to today's burgeoning Celtic revival. A living faith that combines the past and present, it brings together an ancient pagan worship of nature with Christian belief and ageless celebration of word and song. The practical wisdom found here can still be applied to our lives everyday. Each chapter is devoted to one powerful aspect of the Celtic legacy – tracing its history and how it can lead us to enlightenment and personal transformation. By following the Celtic practices of celebrating the cycles of the earth, we can get closer to nature. Their emphasis on kin can help us discover new ways to strengthen our most precious bonds. In remembrance of those who are gone, we can find renewed hope. And through their monastic traditions, we can learn how to become more reflective and holy. Filled with Blessings, prayers, myths and excerpts from ancient texts, *The Ancient Celtic Wisdom for Everyday Life* invites us to enhance every aspect of our lives. **SEEING THE WORLD AS HOLY** Using our knowledge of Celtic feasts, festivals, and cycles of nature we can close the circle between the seen and the unseen worlds. **MAKING EVERY DAY SACRED** How we can become "everyday mystics" using every moment to experience the divine. **SILENCE AND SOLITUDE** Ways to find serenity in the midst of the chaos of our lives. **SOUL FRIENDSHIP** The importance of companionship along the road of our spiritual journey. **CARE OF THE SOUL** How Celtic beliefs can help us understand the sacred cycles of life.

## Book Information

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Interesting and informative.

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