THE BIG BOOK OF SPIRITUAL PRACTICE

A Spiritual Journey of Discovery
Toward Greater Awareness,
Inner Calm, and Personal Growth





LEONARD KRAMER

The Big Book of Spiritual Practice

by **Leonard Kramer**

BOOK DESCRIPTION

This book makes no promise to change your life. What it offers instead are tools: clearly described, honestly assessed spiritual practices that you can try, adapt or leave aside.

Leonard Kramer begins with the basic questions: what spirituality means beyond any single religion, how the great traditions differ, and what is known about consciousness. From there, fourteen chapters lead through mindfulness, meditation and breathwork, developing intuition, rituals, symbols and sacred spaces, dream work and lucid dreaming, energy work and the chakra system, shamanic paths, out-of-body experiences, synchronicity, and ways of bringing spiritual practice into ordinary days.

Each chapter combines background with practical exercises. A 90-day integration program helps turn individual exercises into a lasting practice, supported by daily, weekly and monthly log templates, a dream journal and a meditation log.

The book is written for people who are searching, but who

have found that neither religious doctrine nor wellness trends quite describe what they are looking for. It treats spirituality not as a creed but as a quality of experience and a way of paying attention.

This book is for informational purposes only and is no substitute for medical, psychological or therapeutic advice.

Download the full book in EPUB or PDF format:

Download on Tanpapena →

https://tanpapena.com/403018-the-big-book-of-spiritual-practice-leonard-kramer