



## A Voice as Old as Time: Contemplations for Spiritual Transformation

By David Bennett

Findhorn Press Ltd. Paperback. Book Condition: new. BRAND NEW, A Voice as Old as Time: Contemplations for Spiritual Transformation, David Bennett, In his second book, Energy Healer and Transformational Coach David Bennett uses contemplations to develop a center of focus in meditation and during daily life. The contemplations in this book provide a subject for serious thought or consideration into the reader's divine nature. Unlike other meditation techniques that look to empty the mind, contemplations intently focus on an idea about something while in a state of stillness or when being mindful. Reflective meditation involves repeatedly turning your attention to a theme but being open to whatever arises from the experience. Deep and lasting wisdom comes from experience so "A Voice as Old as Time" gives contemplations that allow the reader to calmly plant the seeds of transformation that works to expand their consciousness. The wisdom of contemplations is a voice as old as time thus the title of this book. Contemplations like these have been spoken by our ancestors before and still hold the wisdom today for those ready to listen. "A Voice as Old as Time" evolved from the daily contemplations that David posts on his Facebook page...



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