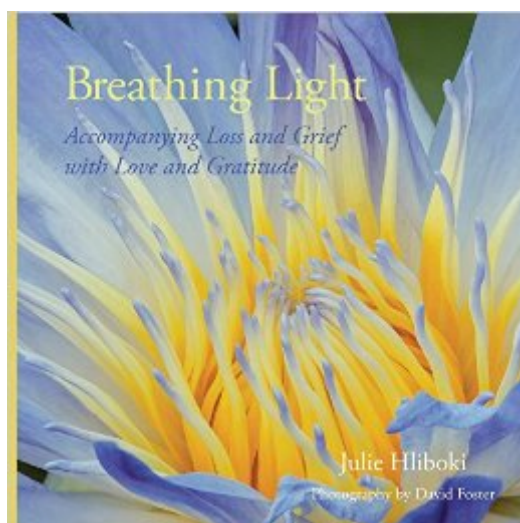


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# Breathing Light: Accompanying Loss And Grief With Love And Gratitude



## Synopsis

Breathing Light is written for everyone who has experienced loss or grief, especially the loss of a loved one. The book takes you on an inspirational journey, beginning with Hlibokiâ™s poems and prose that convey how love, gratitude, and compassion arise over and over again in the midst of suffering. The second half of Breathing Light offers interfaith prayers and poetry written by various authors that invite you to experience love, joy, and peace from many different perspectives. Exquisite photographs by award-winning photographer David Foster accompany each piece. Meditations bid you to practice breathing light.

## Book Information

Paperback: 102 pages

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Product Dimensions: 8.5 x 0.3 x 8.5 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (3 customer reviews)

Best Sellers Rank: #470,354 in Books (See Top 100 in Books)  #78 inÂ Books > Literature &

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## Customer Reviews

A wonderful book! I've bought copies for many friends and family members who will benefit from being accompanied by this wisdom and joy. In Breathing Light, Julie Hliboki has written yet another spiritually uplifting and artistically compelling book. Her meditations create a compassionate space in which we can embrace and honor the grief we experience as we accompany a loved one who is departing this life. She draws on wisdom from several spiritual traditions that offer solace and inspiration, and her words are perfectly paired with David Foster's wondrous nature photographs. Those images draw us in, inviting us to both lose and find ourselves in the beauty of creation. All who are caring for people as they return to the mystery from which they came will find a comforting companion in this beautiful book.--Parker J. Palmer, author of Healing the Heart of Democracy, A Hidden Wholeness, and Let Your Life Speak Care responders to those who are suffering or saying goodbye are often undernourished. Dr. Hliboki has produced a companion for that journey. The

gathered wisdom and guiding thoughts help us to center on the beauty of relaxing our breath and capturing sacred moments. As mindfulness and other meditative practices account for routine health interventions alongside allopathic responses, Hliboki reminds us of the spiritual source of their power. This beautiful book will serve as an internal reference that soothes the soul so that another soul can be revered.--George Henry Grant, MDiv, PhD, Executive Director, Spiritual Health at Emory Healthcare

Breathing Light invites the reader into moments where suffering and pain is the threshold between this life and the Great Mystery beyond.

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