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The Dance of the Dolphin Finding Prayer, Perspective and Meaning in the Stories of Our Lives

By Karen D. Kedar

Jewish Lights. Hardcover. Book Condition: New. Hardcover. 176 pages. Dimensions: 8.9in. x 6.0in. x 0.5in. We live in two seemingly incompatible worlds: rational and spiritual. How can we keep our balance? Like the dolphin who exists in both water and air, so must we learn to live and thrive in two conflicting worlds: the rational, material, everyday craziness of life versus the still, spiritual soulfulness of our deepest selves. Balancing the two is difficult, as it often can be the key to our spiritual survival. Through poignant stories, spiritual teaching and insights, Karyn Kedar shares with us the ways we can integrate the everyday family, work, personal challenges with our quest for deeper spiritual understanding. She helps us to decode the three languages we must learn to weave the seemingly ordinary and extraordinary together: Prayer: The path through which our souls connect with the Divine. Perspective: How we define life's twists and turns, and how our words and actions define the quality of our lives. Meaning: The quest to understand and make sense of all that seems incompatible. In graceful ways, Kedar shows us that by realizing the connection between the ordinary and the awe-inspiring, we can synchronize our hearts with the ways of the world and live with joy,...



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