



# Enso Morning: Daily Meditation Gifts

*Jacob Watson*

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## **Enso Morning: Daily Meditation Gifts** Jacob Watson

Enso Morning: Daily Meditation Gifts presents over 160 Morning Blessing Letters to awaken, stimulate and deepen meditation and spiritual practice. In the tradition of Robert Frost and Wendell Berry, Jacob uses poetic images and personal experiences of New England nature, the birds, animals, woods, and beaches of coastal Maine, to awaken readers to begin their day nurtured and encouraged to be themselves, joined with like-minded souls. The personal letters in Enso Morning: Daily Meditation Gifts provide a friendly, comforting and accessible way to wake up and affirm the whole self. Each letter has seven brief paragraphs that offer a welcome to the day, a silent meditation, affirmations of body, heart and soul, a blessing and a gift for each day.

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Have you spare time for any day? What do you do when you have more or little spare time? Yes, you can choose the suitable activity with regard to spend your time. Any person spent their particular spare time to take a stroll, shopping, or went to the actual Mall. How about open or perhaps read a book called Enso Morning: Daily Meditation Gifts? Maybe it is being best activity for you. You already know beside you can spend your time with your favorite's book, you can wiser than before. Do you agree with the opinion or you have additional opinion?

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