



# Meditations of the Heart: Liberating the Power of Love

*Andrew Harvey, Marianne Williamson*

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*Guided Practices and Meditations to Awaken Love, Deepen Intimacy, and Transform the World*

Have you ever felt a glimmer of love stir within you, and then wondered: How do I fan this inner fire and bring it into my relationships, my spiritual life, and the world? With *Meditations of the Heart*, Marianne Williamson and Andrew Harvey guide us into a series of contemplations, questions, and practices to liberate this most essential of sacred forces.

Love is not just in you—it *is* you, right here and right now. When we release the blockages and habits of fear, defensiveness, and separation that have become the "norm" in our culture today, we awaken love fully. Join these two luminary teachers as they share the prayers, practices, and meditations that they use themselves to discover, embody, and amplify love in its many domains, from intimate relationships to our connection with the divine. This immersive program explores:

- Opening your heart to love
- Refueling your heart's passion
- Embracing the pain of the world
- Tonglen practice
- The St. Francis prayer
- Becoming love's sacred agent
- The power of prayer
- The Journey from the Head to the Heart
- Your work and your true self
- Work as Sacred Activity
- Innocence and forgiveness
- Forgiveness Meditation

Note: These meditations are also available in Marianne Williamson and Andrew Harvey's seven-CD audio course *Love's Manifesto*.

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Spent a free time to be fun activity to complete! A lot of people spent their free time with their family, or all their friends. Usually they accomplishing activity like watching television, gonna beach, or picnic in the park. They actually doing same every week. Do you feel it? Do you want to something different to fill your current free time/ holiday? Can be reading a book is usually option to fill your totally free time/ holiday. The first thing that you ask may be what kinds of book that you should read. If you want to test look for book, may be the guide untitled Meditations of the Heart: Liberating the Power of Love can be fine book to read. May be it might be best activity to you.

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