



Enso Morning: Daily Meditation Gifts

Jacob Watson

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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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