



Camino Divina--Walking the Divine Way: A Book of Moving Meditations with Likely and Unlikely Saints

Gina Marie Mammano

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Learn to walk again into your inner and outer landscapes attuned to the divine delights, insights and challenges awaiting you with every step.

Many of us have taken in so much information that we are ready to take in less, but take in well one phrase or one word, well loved, well learned, meditated upon and lived out, rather than a tome-sized prescription where meaning gets lost in an endless sea of text.

In this collection of adventures into *camino divina* "the walk of the Divine" wise words and shimmering silence, soulful exploration and creative imagination weave together an opportunity for savoring and understanding our interiors and exteriors in a much deeper way. Inspired by the ancient spiritual practices of *lectio divina* and walking meditation, *camino divina* helps you explore whole new worlds inside yourself as well as re-view the natural world around you by combining mindful walking with inspiring phrases. Your companions are spiritual luminaries such as Wendell Berry, Mary Oliver, Hildegard of Bingen, Clarissa Pinkola Estes, John O'Donohue and more, whose wise words provide nourishment for all kinds of journeys into your soul.

For individual and group use, this book seeks to delight and deepen, to create a powerful practice you can take with you wherever you go a well-planned or serendipitous trip, a pilgrimage to a sacred site or a meandering in your own neighborhood. All it takes is a pair of legs and a pairing of words that will help your divine imagination run wise and run wild.

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