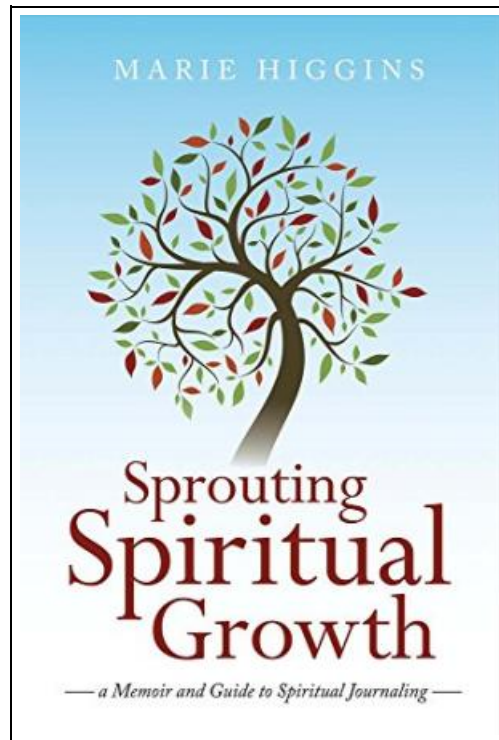


Sprouting Spiritual Growth: A Memoir and Guide to Spiritual Journaling



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(Jeanette Kreiger)

SPROUTING SPIRITUAL GROWTH: A MEMOIR AND GUIDE TO SPIRITUAL JOURNALING



BookBaby. Paperback. Condition: New. 172 pages. In 2009 Marie left corporate America after more than 15 years in Human Resources Management to pursue life. Before long she found massage therapy and became a nationally certified, state-licensed massage therapist. Having only one previous experience with receiving massage before choosing her new career, she began school with no real understanding of the body, mind and spirit connection. With massage, she came to quickly believe in the healing power of touch. At the same time, she felt a partial hardening of the heart (figuratively and spiritually). She found a coach to give her spiritual direction. During this time, she learned different spiritual disciplines (ways to pray) which helped her to develop a more personal relationship with God. It was during 2009 when she became an active journaling person. This activity has grown and changed over the years, but the most constant thing she has put into practice is that, after writing what's on her heart, she writes both this question: God, what else should I know and the answers that result. In 2015, she broke ground by setting up a blog site and then, beginning in 2016 and continuing, regularly shares some of the insights that come from a journaling practice. With these posts, she also poses questions that offer others some journaling prompts. More information can be found at CardinalTouch.net. Marie is also a speaker. She presents on a variety of topics concerning the body, mind and spirit connection. For example, as a small business owner and provider of healing touch, she speaks about smart practices for leading a balanced life. Most recently she has been teaching spiritual journaling and other ways to pray and develop our inner spirit wisdom. Venues include schools, especially colleges and universities, womens groups (large and...



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