

# Rediscover the Lost Art of Blessing: A Transformative Journey to Wholeness and Connection

In a world where negativity and stress often dominate our lives, the practice of blessing has been largely forgotten. But what if we told you that blessing has the power to transform our lives, relationships, and the world around us?

"Given: The Forgotten Meaning and Practice of Blessing" by David Steindl-Rast is a profoundly moving and inspiring book that explores the transformative power of blessing. Drawing on wisdom from ancient traditions and modern psychology, Steindl-Rast reveals how blessing can:



## Given: The Forgotten Meaning and Practice of Blessing

by Tina Boesch

★★★★★ 4.9 out of 5

Language : English  
File size : 7596 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 258 pages  
Lending : Enabled

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\* Heal wounds and bring reconciliation \* Foster gratitude and appreciation \*  
Create a sense of belonging and connection \* Nurture our spiritual growth \*  
Transform our world into a more compassionate and sustainable place

## **The Power of Blessing**

At its core, blessing is an act of acknowledging and celebrating the goodness and beauty in ourselves, others, and the world around us. It is a practice that fosters gratitude, hope, and a deep sense of interconnectedness.

Through the practice of blessing, we shift our focus from what is wrong to what is right, from what is lacking to what is present. This shift in perspective has profound effects on our well-being and our relationships.



## **The Forgotten Meaning of Blessing**

In ancient times, blessing was a sacred act that was used to invoke divine favor or protection. It was believed that words of blessing had a power to shape reality and create positive change.

Over time, the practice of blessing became ritualized and institutionalized. We began to think of blessing as something that only religious leaders or special people could do. As a result, many of us lost touch with the true meaning and power of blessing.

## **The Practice of Blessing**

"Given" is not just a book about the theory of blessing. It is a practical guide that shows us how to incorporate blessing into our daily lives. Steindl-Rast offers simple and accessible exercises that can help us:

- \* Bless ourselves and others without judgment or expectation
- \* Create a space for blessing in our homes and communities
- \* Use words, gestures, and symbols to convey our blessings
- \* Live a life of blessing, even in the midst of adversity

## **The Transformative Effects of Blessing**

The practice of blessing has the power to transform our lives in countless ways. It can:

- \* **Heal our wounds and bring about reconciliation.** When we bless those who have hurt us, we open ourselves to the possibility of forgiveness and healing.
- \* **Foster gratitude and appreciation.** By focusing on what is good in our lives, we cultivate a sense of gratitude and abundance.
- \* **Create a sense of belonging and connection.** When we bless others, we acknowledge their inherent worth and create a bridge between us.
- \* **Nurture our spiritual growth.** Blessing is a spiritual practice that helps us to connect with our true nature and experience a sense of purpose and meaning.
- \* **Transform our world into a more compassionate and sustainable place.** When we bless the earth and all its creatures, we contribute to a more harmonious and balanced world.

"Given: The Forgotten Meaning and Practice of Blessing" is an essential read for anyone who wants to live a more meaningful and fulfilling life. It is a book that will inspire you to rediscover the lost art of blessing and to experience its transformative power in every aspect of your being.

Whether you are seeking healing, connection, or simply a deeper sense of purpose, "Given" offers a path to a life that is truly blessed.

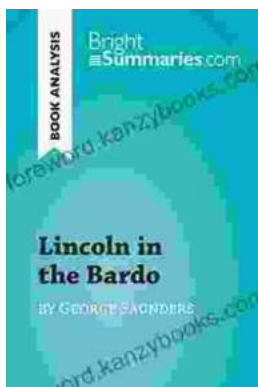


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