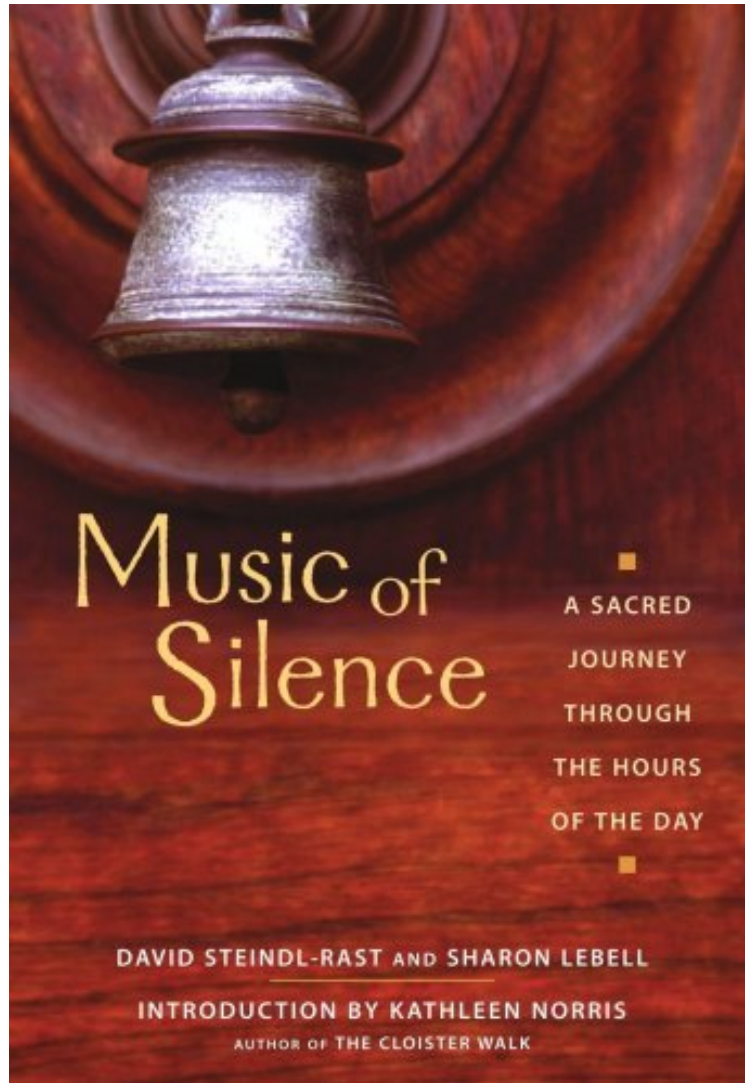


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## Music of Silence: A Sacred Journey Through the Hours of the Day

*Von Brother David Steindl-Rast, Sharon Lebell*  
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**Von Brother David Steindl-Rast, Sharon Lebell : Music of Silence: A Sacred Journey Through the Hours of the Day** before purchasing it in order to gage whether or not it would be worth my time, and all praised Music of Silence: A Sacred Journey Through the Hours of the Day:

KurzbeschreibungMusic of Silence shows how to incorporate the sacred meaning of monastic living into everyday life

by following the natural rhythm of the hours of the day. The book tells how mindfulness and prayer can reconnect us with the sources of joy. An invitation to join in quiet ecstasy, to rediscover sacred rhythms. Jack Kornfield, author of *A Path with Heart*