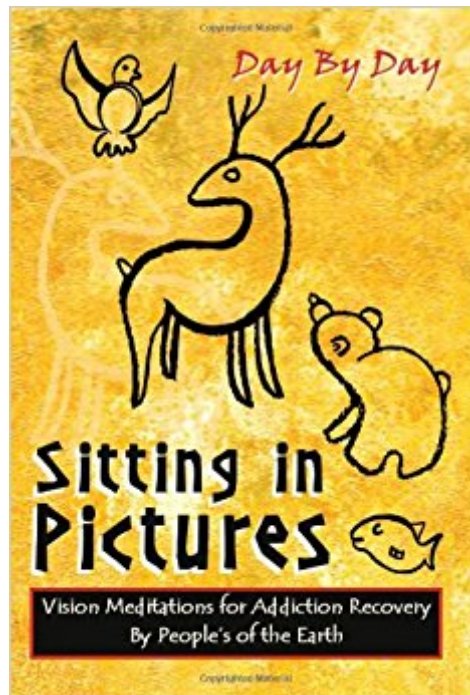




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Sitting In Pictures, Vision Meditations For Addiction Recovery



Synopsis

Sitting in Pictures, the practice of visualizing a harmonious reality and allowing that reality to manifest, is a Hopi tradition, but the custom is not confined to the Hopi peoples alone. Interactive meditation that aligns us to our Higher Power and the Mother Earth has been practiced by various peoples throughout the history of the world. Indeed, the vision quest of Native Americans may be a form of Sitting In Pictures, the Dream-time of the Aborigines, shamanic journeying, and even so-called modern psychology's creative visualization is, no doubt, a similar endeavor. The book, Sitting in Pictures contains a daily meditation format (similar to Day By Day) for drug addicts and alcoholics with an extraordinary difference. There are very few words! Each page consists of a title; a brief recovery principle, then an image which becomes the meditation to sit in. The page concludes with a passage, quote, or brief parable from an authoritative indigenous person or tribe. It is easier for indigenous, native, tribal, and spiritual seekers to grasp the healing message of a meditation when approaching it by creating a door to the reality we heal in. This doorway or gateway is the daily sacred drawing from Sitting in Pictures. These Vision Meditations include the Wisdom of the Elders from: Native Americans Aboriginal traditional knowledge from down under African Tribal Sayings South American Indigenous Peoples Wisdom of the Ancients Celts Nordic Peoples Serenity of the Tao Zen and more... Traditional meditation books for healing and growth have been based on intellectual premises--wise words that stir the soul, but originate from the head. This meditation book will humbly attempt to draw healing, wisdom and guidance from other realities--for those of us who don't live so much in the intellect but dwell in the soul of our planet. This is one of the LOWEST PRICED recovery meditation books available that carries the 12 Step spiritual messages.

Book Information

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Customer Reviews

Sitting in Pictures is a delightful, spiritual book, a wonderful inspiration for people in recovery. The pictures and the words touch us in a very unique way. A great way to begin your day! Ruth Fishel, author of TIME FOR JOY and many other books, meditation teacher and retreat leader. --Ruth Fishel

Read the brief, inspiring words (a Twelve Step principle of recovery and a quote or adage from an elder, shaman or tribal tradition) and meditate on the picture- the sacred image. The next day, do the same with the following page of the same season. The compact sacred image centered on each page will be as holy as you will allow. Amazingly varied in style and design, from simple to complex - geometric lines, psychedelic swirls, real photo images or childlike squiggles and splashes - the pictures are intriguing and prove Christine Sundly's skill as a graphic artist. I have practiced gazing into some of the images, breathing easily and letting come to mind whatever surfaces, sometimes with revealing results; I emerge centered and rested. The book says the practice of sitting in pictures is similar to traditions of other cultures, such as the Dreamtime of the Aborigines, the reliefs from Gobekli Tepe and even modern psychology's "creative visualization." All of these lend credence to the effectiveness of sitting in pictures. To me, it is simply an intriguing new venue for meditation. I love the diversity of the images and quotations. From ancient to modern, from Tanzanian to Gaelic to Cheyenne, from Lao-Tzu to Mahatma Gandhi to Don Miguel Ruiz, they proclaim All One. This appeals to my meditative mind. It works if I let, and it's worth it. --By Lena H., "in Recovery" Book Review

There are a great many women in the Native American Indigenous people, and anything that ends up being done, in my opinion, must have some material aimed at the Goddess part of both male and female. Many men are more comfortable with the ways of women, and therefore will reap much benefit from the Goddess energy. However, it is not really speaking to any sex, in my opinion. It is speaking to an energy that rises up in one's soul and dances with it in magical ways to ignite a passion that carries that individual in a direction by which they are able to find the voice of their Higher Power within themselves. I think there are millions of Indigenous people all over this country and the world. I believe the word Indigenous refers to a people who is not caught up in the intellectual head trip, but rather still sees the pictures of life through their hearts. Perhaps this is why they turn to anesthetizing themselves with drugs and alcohol. It's the only way they can survive in a world that insists they be intellectual, and not end up being completely broken. This is just my humble opinion, of course. This book helps people reconnect with their own Higher

Power, through whatever Mandela (picture) works for them. If it is Native American, Chinese, Japanese, African, Australian, Canadian or whatever, it doesn't really matter. What we need is the picture that speaks to our heart to open it. I truly believe people die from broken hearts because they closed them, not because they opened them. What people need, the world over, is to connect with that particular way they can get their hearts open. Sitting in Pictures does this. --Robea (aka) Leah

The illustrator, Christine Sundly was born in Milwaukee, Wisconsin and is of the Menominee Nation. Menominee, is the Chippewa name of the wild rice. Creating has continuously been an introspective method for her as early back as she can remember. Several years of schooling and experience in a studio atmosphere have given Christine the ability to experiment with countless forms of media. Educationally, Christine has earned an Associates Degree of Applied Art - Graphic Design 2000-2003 at Milwaukee Area Technical College. Christine then continued by attending University of Wisconsin-Stout earning a Bachelor of Fine Arts Concentration of Studio-Sculpture with Emphasis in Graphic Design in 2006.

I recently finish reading the *Picture's*. Despite to the cute cover, the pictures inside are multicultural nourishment coming from Native American, Middle American (Maya), and also the Asian traditions. The biggest difference (and I love it!) from the Pocket Sponsor is that you don't need to follow the schedule. There is no linkage between the previous and next paragraph or pics. Enjoy the freedom and just let the book turn itself. I follow the book itself and think it is the guide coming from the higher power in our spirit. The basic guidance coming from two books are the same, if you are a verbal people and tend to well organized, please go for the Pocket Sponsor. But, if you have a visional brain like me, the *Pictures* is your better choice. The more the book I read, the less I look at the paragraph. In the end, I only glanced at the title and then stared at the pictures. It is like the big puzzle game, and you only play with pieces; sometimes it is very easy to pick the next slide, but sometimes I am just stacked in the middle of thinking the meaning of the pictures. But it works! Like the puzzle game can always be solved! Besides that, to think by yourself coming further more from the pictures, you can gain much more touching experience comparing to read the paragraph. Well, the short sentences are the hint to the game, but keep in mind that recovery from the AA is more close to the game that you are playing alone. Hint is very helpful, but you need to do the job by yourself. Consequently, I think if you are feeling better on the way to leave AA behind, already established a strong heart and willing to be more open to the

rest of the world, the *•Sitting in the pictures•* are the right book for you.

I love this book - very cool pictures with much insightful wisdom. A pleasure to look at and one of a kind. That said, wish it was bigger. It's handy to travel because it's small and fits in my bag but would rather it be larger so I can look at it more comfortably. If publisher could make even just a little bigger sized copy, I would buy it again in a minute. I'm glad the print is not really small.

This was a great book! Many of us have done the 12 step programs for this or that, and while it is very important to follow those steps, it can become monotonous. The techniques used in this book bring a fresh new air to old room. Limited only by how well we are able to visualize in our minds. A very well written book that gives a new path to explore in our healing process.

This brought tears to my brother's eyes. His wife said. Now for my sweetheart & our friends passing through. If addiction has stolen some part of your life or some part of people you love, this book offers some sweet messages. I flipped through before leaving it in his garage with a note. God bless.

It is a great daily meditation book. I find it to be insightful without being too corny, or creepy as I find some tend to be. In addition the pictures are wonderful.

Can't go wrong with anything by Sally Mann!

I love this little book and bought several to give at Christmas to people I know who are in recovery. It's especially appropriate for young people who enjoy art, painting, and drawing.

Absolute must buy !! For People in addiction recovery !! - myself and my girlfriend just love this book. I love the meditational portion and thoughts and she loved the art and also the the food for thought. I really love the art and I thought I didn't like art !! Again - for people in addiction recovery - this book needs to be in your library. And comes at a great price too !!

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