



Sitting in Pictures, Vision Meditations for Addiction Recovery

Peoples of the Earth

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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

Celtics

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.

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From reader reviews:

Robert Marques:

Book is to be different for every grade. Book for children right up until adult are different content. To be sure that book is very important for all of us. The book *Sitting in Pictures, Vision Meditations for Addiction Recovery* has been making you to know about other know-how and of course you can take more information. It doesn't matter what advantages for you. The reserve *Sitting in Pictures, Vision Meditations for Addiction Recovery* is not only giving you more new information but also to be your friend when you feel bored. You can spend your personal spend time to read your guide. Try to make relationship together with the book *Sitting in Pictures, Vision Meditations for Addiction Recovery*. You never really feel lose out for everything if you read some books.

Louise Rosenbaum:

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Shawn Jones:

The event that you get from *Sitting in Pictures, Vision Meditations for Addiction Recovery* may be the more deep you rooting the information that hide into the words the more you get considering reading it. It does not mean that this book is hard to understand but *Sitting in Pictures, Vision Meditations for Addiction Recovery* giving you joy feeling of reading. The article author conveys their point in particular way that can be understood through anyone who read it because the author of this book is well-known enough. This book also makes your current vocabulary increase well. Therefore it is easy to understand then can go along, both in printed or e-book style are available. We propose you for having this particular *Sitting in Pictures, Vision Meditations for Addiction Recovery* instantly.

Alberto Kimble:

A lot of people always spent their own free time to vacation as well as go to the outside with them household or their friend. Are you aware? Many a lot of people spent they free time just watching TV, or playing video games all day long. If you would like try to find a new activity this is look different you can read a book. It is really fun for you personally. If you enjoy the book that you simply read you can spent the entire day to

reading a publication. The book *Sitting in Pictures, Vision Meditations for Addiction Recovery* it is very good to read. There are a lot of individuals who recommended this book. They were enjoying reading this book. If you did not have enough space to bring this book you can buy the e-book. You can more very easily to read this book from your smart phone. The price is not to cover but this book possesses high quality.

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