



Be Blessed

Denise Dumars

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Books of daily devotions for traditional religions are plentiful, but few such books exist for Wicca and Paganism. That's why *Be Blesséd* is so unique and valuable. It helps Pagans and Wiccans access deity in their everyday lives and provides practitioners of magick simple ways to improve their abilities. With her lively tone, author Denise Dumars also recounts humorous stories of her own mistakes and what she's learned from them.

Use the affirmations in the book when you get up or before you go to bed, as you travel to and from work, in the office, at home, on vacation -- whenever you need help or guidance. *Be Blesséd* is not a calendar book; most of the devotions and other workings here can be done on any day of the year. You'll find workings such as:

• Chi Gong Stretches to wake up your body • Ritual bathing for purification • Ways to improve self-esteem • Talking to gods and goddesses • Sample visualizations • "Do-it-yourself" meditations

Be Blesséd is for Pagans of all stripes: Wiccans, Isians, Asatru, Stregas, Druids, or members of Vodou, Santeria and related faiths. Both beginners and old hands in the Craft who need strength and comfort will benefit from this practical guidebook.

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Leslie Heidelberg:

Have you spare time for any day? What do you do when you have much more or little spare time? Yeah, you can choose the suitable activity regarding spend your time. Any person spent their very own spare time to take a walk, shopping, or went to typically the Mall. How about open or read a book titled Be Blessed? Maybe it is to become best activity for you. You already know beside you can spend your time with your favorite's book, you can wiser than before. Do you agree with the opinion or you have other opinion?

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