



Light the Flame: 365 Days of Prayer

Andrew Harvey

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The act of prayer has been recognized—by sages and skeptics alike—as a powerful way to enact positive physical, spiritual, and emotional change. Prayer has the power to take us beyond the rational mind, opening our hearts and engaging our souls. It brings us peace and health. Its aim is to uplift our spirits and bring us closer to the divine.

In *Light the Flame*, teacher and poet Andrew Harvey has gathered the 365 prayers that have most influenced his life, offering us a daily reminder of the sacred. Drawing insights from around the world, across religions, and an array of disciplines, Harvey provides inspiration from great spiritual minds like Rumi and Thomas Merton, activists like César Chávez and Mother Teresa, and philosophers like Nietzsche and Voltaire—plus he includes some of his own works. With themes that range from love and loss to unity and transformation, this luminous book will capture your imagination and nourish your soul.

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