



# The Celtic Spirit: Daily Meditations for the Turning Year

*Caitlin Matthews*

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**The Celtic Spirit: Daily Meditations for the Turning Year** Caitlin Matthews

Discover the Living Wisdom of the Ancient Celts

The ancient Celts and their spiritual mediators, the Druids believed in the communion of all living things and sought harmony between nature and the human soul. Now, with this inspiring book of day-by-day meditations, renowned Celtic scholar Caitlín Matthews shows you how to reawaken the power of this age-old spiritual inheritance.

Using poetry, myths, reflections, rituals, and visualizations, Matthews leads you on a yearlong pilgrimage that will help connect the cycles of your soul to the circle of the seasons. From the winter months of Samhain the summer months of Beltant, from meditations on the gifts and blessings of life to the insights and promises of the soul, she enables you to complete your own sacred circuit of the turning year.

Brimming with the legends and lore of Ireland, Wales, Scotland, and Britain, *The Celtic Spirit* is a brilliant introduction to the sacred wisdom of the Celtic path--and a potent resource for daily spiritual renewal.

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