

The Celtic Wheel of Life

Andy Baggott



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The Celtic tradition is a living, vibrant and practical guide to modern life, rooted in the natural world and in a respect for creation. Understanding the philosophy and practice of this ancient tradition can help every one of us to lead a happier, more fulfilled life. 'The Celtic Wheel of Life' shows how we can use the Celtic wheel, a cycle of seasons and related celebrations that is the blueprint for spiritual growth throughout the year. Following the wheel, we learn to reconnect with nature, releasing the old and embracing the new, to achieve harmony of mind, body and spirit. Focusing on solutions, not problems, this inspiring book teaches us to use an ancient way to restore a common-sense attitude to living and a natural energy to our lives.



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