

## MEDITATIONS ON EVERYTHING UNDER THE SUN

### The Dance of Imagination, Intuition and Mindfulness

#### Endorsements

"This is a practical resource guide. You can use its meditations in your personal, professional, and creative life, regardless of your current spiritual practices, personal beliefs, or age. The meditations also lend themselves to groups. Meditating in groups can amplify a collective intent to access different perspectives, ideas, and solutions from the guidance received. And they recognize the diversity of our experience; rather than directing you according to any particular tradition, the meditations invite you to call on whatever you most revere, making them accessible to all." — **Angeles Arrien**, *from the foreword*

"This book is guaranteed to help you access your inner wisdom. I keep my copy right on my bedside table and consult it regularly." — **Christiane Northrup**, MD, *Women's Bodies, Women's Wisdom*

"Margo Adair has been a pioneer in consciousness for many years. She can show you how to free your imagination to carry you to and through the transformative opportunities that life offers you. Don't pass this one up." — **Martin L. Rossman**, MD, *Guided Imagery for Self-Healing*

"Margo Adair has written a much needed and moving book on meditation, imagery, and intuition. Its practical approach and tone will be invaluable and can open the door to a new dimension of spirituality, and healing rituals." — **Barbara Dossey**, RN, *Florence Nightingale: Mystic, Visionary, Healer, Holistic Nursing*

"I've been doing this work for over twenty years, but Adair's book gave me new insights and suggested fresh approaches. Highly recommended!" — **Starhawk**, *Twelve Wild Swans and The Spiral Dance*

"Drawing on a treasure-house of experience, Margo Adair helps us tap the powers of mind for the well-being of self and world.... This book, praise be, reveals the essential role of our imagination in nourishing and sustaining our will to act." — **Joanna Macy**, *Coming Back to Life*

"...This is a partnership-oriented work that can help us not only individually but as a community, empowering us to more effectively work together for a more caring world" — **Riane Eisler**, *The Chalice and The Blade*