



# The Seven Whispers: A Spiritual Practice for Times Like These

*Christina Baldwin*

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## **The Seven Whispers: A Spiritual Practice for Times Like These** Christina Baldwin

In this eloquent work, self-exploration pioneer Christina Baldwin leads readers of all spiritual persuasions to listen intentionally to the voice within their soul: the voice of spirit. She does this by sharing seven meditative phrases — the wisdom gained from listening to her own inner spirit. Each chapter is built around one of these core phrases, and examples include "Maintain peace of mind," "Surrender to surprises," and "Ask for what I need and offer what I can." After years of bringing spirituality to others through circle meetings, seminars, and journal writing, Baldwin offers her insight to a wider audience with this compelling and accessible book.

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