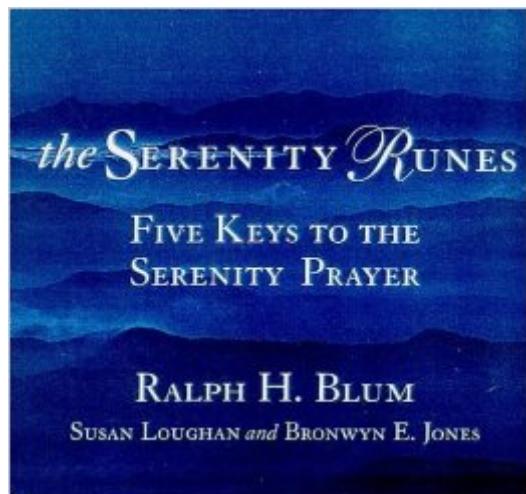


The book was found

The Serenity Runes: Five Keys To The Serenity Prayer



Synopsis

Praise for Ralph Blum: "I remember the message of the Runes, the smooth, small stones, harbingers, some say, of what our souls already know.... Now I believe it." --Melody Beattie, author of "The Lessons of Love" "Ralph Blum's Runes are one of the world's great spiritual resources. They always speak to us from the depths of our own hearts." --Marianne Williamson, author of "A Return to Love"

Book Information

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Average Customer Review: 3.3 out of 5 starsÂ See all reviewsÂ (9 customer reviews)

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Customer Reviews

The Serenity Prayer has been used by thousands of people for the wisdom in its words. This little book takes you through each significant phrase, using runes as a learning tool. Runes are simply stones but as the book explains this is a lovely blend of old and new, helping to build and nourish the spirituality within all of us. This prayer is often used by people in 12 step programs, and the book and the runes can complement the prayer, making it even more meaningful. Reading the book, following the simple directions is a very good way of slowing down, breathing deeply and finding peace in your life.

I'm new to AA, and this was a gift from my temporary sponsor. The meditations in this book have really helped me because they are insightful, poetic, and give me an idea to focus on throughout my day. (I don't use them as fortune telling stones, but I do let them suggest daily lessons for me.) The writing is beautiful and very positive and reassuring. In fact, next time I have my book with me, I'm going to send another review and quote from the "acceptance" meditation which begins, "This is a rune of major blessing, blessings bestowed and blessings received." I like this book much more

than my scolding Hazelden meditations.

I was disappointed when I received this book because the back section was hanging by a thread. But, the seller gave me the option of return or discount on product. They were wonderful to work with, I highly recommend.

Excellent read for anyone that is managing sobriety. The book is a very short read and brings together five Runes that are relevant to the 12 steps.

While I personally prefer the other books in this series, I have found the insights helpful. Don't like the cover though, it scratches too easily. The photograph on the cover makes it impossible to take to work. If my boss found out i'd had a drinking problem, i'd lose my job. P.S. I don't find Hazelden's books scolding, straight talk helped me stay sober.

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