



Opening Doors Within: 365 Daily Meditations from Findhorn

By Eileen Caddy

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For 20 years, meditators have relied on these simple teachings which offer advice on faith, fulfillment, and stillness. Serving as a perennial meditational diary, this new edition presents inspirational and practical messages for everyone embarking upon the journey to find a true inner self and spiritual truth. Anyone who meditates—whether inexperienced or seasoned—will find these adages helpful and inspirational. A new foreword, layout, and revised illustrations create an accessible and uplifting treatise on daily spiritual satisfaction and internal happiness.

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Editorial Review

About the Author

Eileen Caddy was instrumental in creating the international spiritual community centered around the Findhorn Foundation in the North of Scotland, and in 2005 she was awarded an MBE (Member of the Order of the British Empire) from the Queen for her lifelong service to spiritual inquiry. She is the author of *The Dawn of Change*, *Footprints on the Path*, *God Spoke to Me*, *The Living Word*, and *The Spirit of Findhorn*. Mike Scott is the founding member, lead singer, and chief songwriter of the rock band the Waterboys.

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