**Book Ideas**

**Waling a Path to Self**

Spirited Harmony: Embodying Peace in a Discordant World

Harmony:

1. “the combination of simultaneously sounded musical notes to produce chords and chord progressions having a pleasing effect
2. “an arrangement of the four Gospels, or any parallel narratives, which presents a single continuous narrative text”

Harmony:

“ a continuous, orderly, or pleasing arrangement of parts; congruity.”

“a human value, compatibility, accord in feelings, actions, relationships, opinions, interests…a state of balance among forces influencing and even opposing on another”

Emotional harmony: “experiencing inner peace and rest, despite chaotic circumstances, negative e4motions or difficult trials, a process of positive internal communication, belief work, and securing your joy in that which is constant and unchanging.”Kathrine Chapman

Audacious:

Showing a willingness to take surprisingly bold risks

Spirited:

Full of energy, enthusiasm, determination

Discordance:

Lack of agreement

Or synonyms: conflict, disaccord, discord, dissent, confrontation, conflict

Transmition

Transmit

Embody

**Topics**

**Home/body/house/heart/indwelling**

**Relationships/loss/commitments/mirror reflections/**

**Work**

**Natural World**

**Empowerment/being enough**

**Wisdom Figures/Guides/Sadhana/interspiritual**