

Astronomical Mindfulness

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Using the power of the sun, moon, stars, and planets, this unique, illustrated guide is filled with engaging exercises that deepen your knowledge of the solar system, help you take necessary pauses every day, and foster a renewed sense of presence in the universe.

Thousands of years ago, when we humans lived together in communal caves, we told stories about the stars. When we later took to the seas, we used stellar positions to navigate and pinpoint our place in the world. When we eventually stopped migrating and settled on land, we relied on the constellations and the Sun to plant and sustain crops. Yet today, we modern humans have lost this deep connection to the cosmos that was once central to our daily lives.

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