

# **Download Soul To Soul Meditations Daily Reflections For Spiritual Growth**

My Catholic Life! offers daily reflections, meditations and prayers focused on the Gospel of the day, the gift of Divine Mercy, our Lord's Passion, our Blessed Mother, the saint of the day, feasts of the liturgical year, daily Mass readings and much more! A spiritual reflection is a short saying that packs a huge meaning. Here are some modern day spiritual reflections for your consideration... To learn how to combat really dumb secular arguments, go here. Over the course of the 2019 Daily Meditations, Richard Rohr mines the depths of his Christian tradition through his Franciscan and contemplative lens. Each week builds on previous topics, but you can join at any time! Learn more about this year's theme—Old and New: An Evolving Faith—watch a Rolf Gates, author of two acclaimed books on yogic philosophy, *Meditations from the Mat: Daily Reflections on the Path of Yoga* and *Meditations on Intention and Being: Daily Reflections on the Path of Yoga, Mindfulness, and Compassion*, conducts yoga workshops, retreats, teacher trainings, and coaching and mentorship programs throughout the U.S

...