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As I Lay Pondering: daily invitations to live a transformed life

Kayce Stevens Hughlett

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"Like Mark Nepo and Rachel Naomi Remen, Kayce invites us to learn with her day by day as she creates a handmade life. Her stories enlighten while her prompts tickle the heart's ear to listen with more clarity and self-kindness. A beautiful way to spend a few minutes each day." Jennifer Louden, best-selling author and teacher This fresh and innovative daybook hints of a memoir, reads as a guidebook, and resonates with the human experience. Each entry conjures the ineffable with soulful specifics—some tiny and concrete, others dreamily unreal—always seamlessly present. It is no heavy-handed moral guide to self-improvement; rather it is an invitation into the bigness of life. Filled with inspiration, personal reflections, and simple activities to deepen the pathway to presence, it is the ideal companion for any transformational journey. Inspired and timeless, "As I Lay Pondering" offers: • Intimate, relatable stories and practical reflections that bring wordlessness, oneness, and imagination to life. • 366 accessible, here-&-now activities to immediately apply to your personal and professional practices. • Soulful daily readings to nourish your heart and enrich your life. • Incorporated teachings from historical and current wisdom figures—Carl Jung, Martha Beck, Buddha, Jesus, Lao Tzu, Thomas Merton, Sue Monk Kidd, Anne Lamott and more. “These daily meditations are a treasure, full of wisdom and creative invitations for your own pondering. Immerse yourself in a year of grace through this book.” Christine Valters Paintner, PhD, author of: The Artist’s Rule: Nurturing Your Creative Soul with Monastic Wisdom “Content and style are exquisite. Unabashedly riveting and exuberantly rich with philosophical, existential, metaphysical and theosophical inquiries, and introspections—as well as rich, tender, and funny personal insights." Pedro F. Báez, Poet and Transformational Life Coach Literary author Sonya Rudikoff says that "history provides abundant examples of men and women whose greatest gift is redeeming, inspiring, liberating, and nurturing the gifts of others." Anyone who witnesses Kayce Stevens Hughlett's personal story and approach to life will agree she belongs on this list. Kayce is a woman who has redeemed a forgotten childhood, dared to follow her wildest dreams, and liberated a parent's worst nightmares. "As I Lay Pondering" is the essential witness to this transformed life.

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