



© **REDGOLD CREATIVITY**
Life Coaching for Creative Women: Mixing Magic with Mindfulness

A GRACE FOR BOOKS: MINDFUL READING

Why have we no grace for books, those spiritual repasts – a grace before Milton – a grace before Shakespeare – a devotional exercise proper to be said before reading the Faerie

Queen?

~ Charles Lamb

How we read has changed so much in the last decade, with e-books and reading online. We still read (maybe even more than before) but we read differently. It certainly feels more rushed.

In the Middle Ages, noblewomen used Books of Hours, beautiful books of prayers, to mark their time. Richly illuminated with pictures of saints, Bible stories, and even signs of the Zodiac, they were sometimes encrusted with jewels. Some called girdle books were small enough to be hung from the waist. Books of Hours contained a calendar, gospel lessons, psalms and special prayers to be said at certain hours of the day.

If you want to try some mindful reading, here's the what, when, where and how:

- Select what book you will use as your Book of Hours. It can be a prayer book, a hymnal, a spiritual text, a motivational book, or even a book of poetry. It can be a paper book, or an e-book.
- Decide when you will read your Book of Hours. You can choose to read it hourly, daily, or pick certain times of the day (such as upon waking, before meals and before sleep). At the minimum, make it morning and night. If it is an e-book, set an alarm on your device to remind you.
- Decide where you will read your Book of Hours. You can keep it with you, and stop whatever you are doing to read for a few moments, or put the book in a certain peaceful place to which you retreat at your appointed time.
- Choose how you are going to read your Book of Hours. You can start at the beginning, and read a few paragraphs each time you open the book (don't open it at any other time, or be tempted to read on) or you can open the book by chance and read the first section you see. Whichever method you choose, aim to read for between 1 – 2 minutes at the appointed moment.
- Commit to doing this for exactly one week.
- Marking time with mindful reading only takes a moment as the clock strikes, but it creates an entirely different sense of time. Try it and see. Our days feel very different when we mark the golden hours.





© **REDGOLD CREATIVITY**

Life Coaching for Creative Women: Mixing Magic with Mindfulness

About the Author

Hello, my name is Eliza Redgold. It's based upon the Gaelic meaning of my full name, Dr Elizabeth Reid Boyd. English folklore has it that if you help a fairy, you will be rewarded with red gold. I'm an author and academic. I write fiction (as Eliza Redgold) and non-fiction (as Elizabeth Reid Boyd).

There are some exciting new releases in 2017. Out in March is *The Secrets of Mindful Beauty* to be published by Skyhorse Publishing, New York. These revolutionary techniques in anti-ageing and self-care will change how you look and how you feel - forever. (And yes – it would make a perfect Book of Hours for some mindful reading!)

In 2017 the first in my Ladies of Legend fiction series will be released as an audio book. Listen out for NAKED: A Novel of Lady Godiva on Audible.

Also in progress is a non-fiction book about the spirit of fairy tales and how you can transform your life with a forgotten fairy tale philosophy.

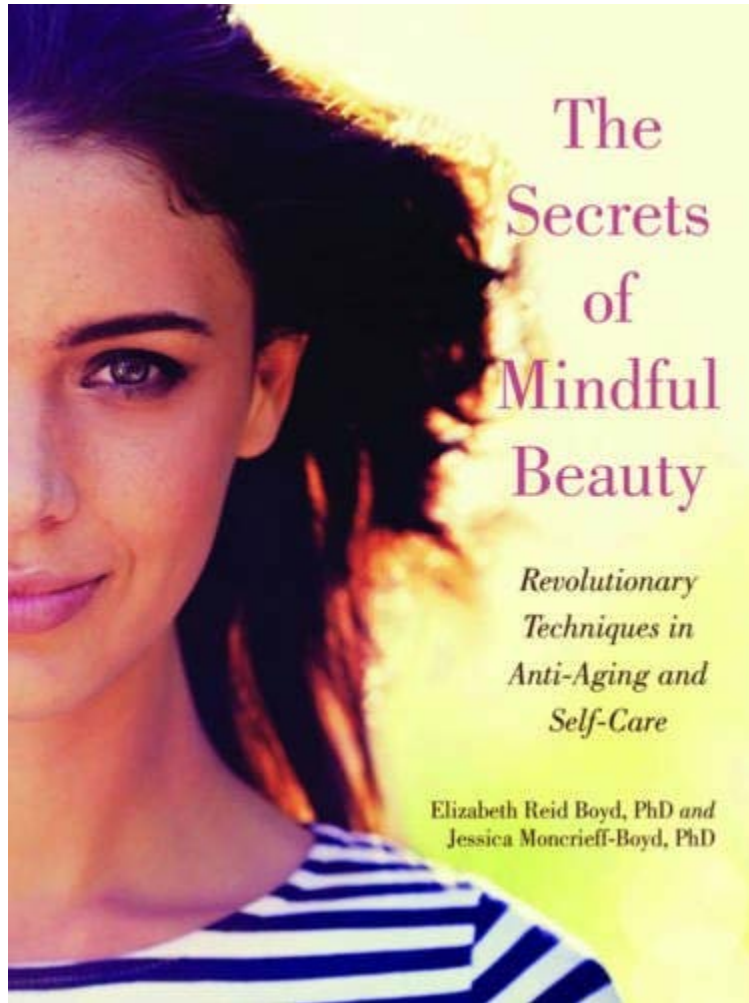
Stay in touch with me on

Twitter: [@ElizaRedgold](https://twitter.com/ElizaRedgold)

Facebook: www.facebook.com/ElizaRedgoldAuthor

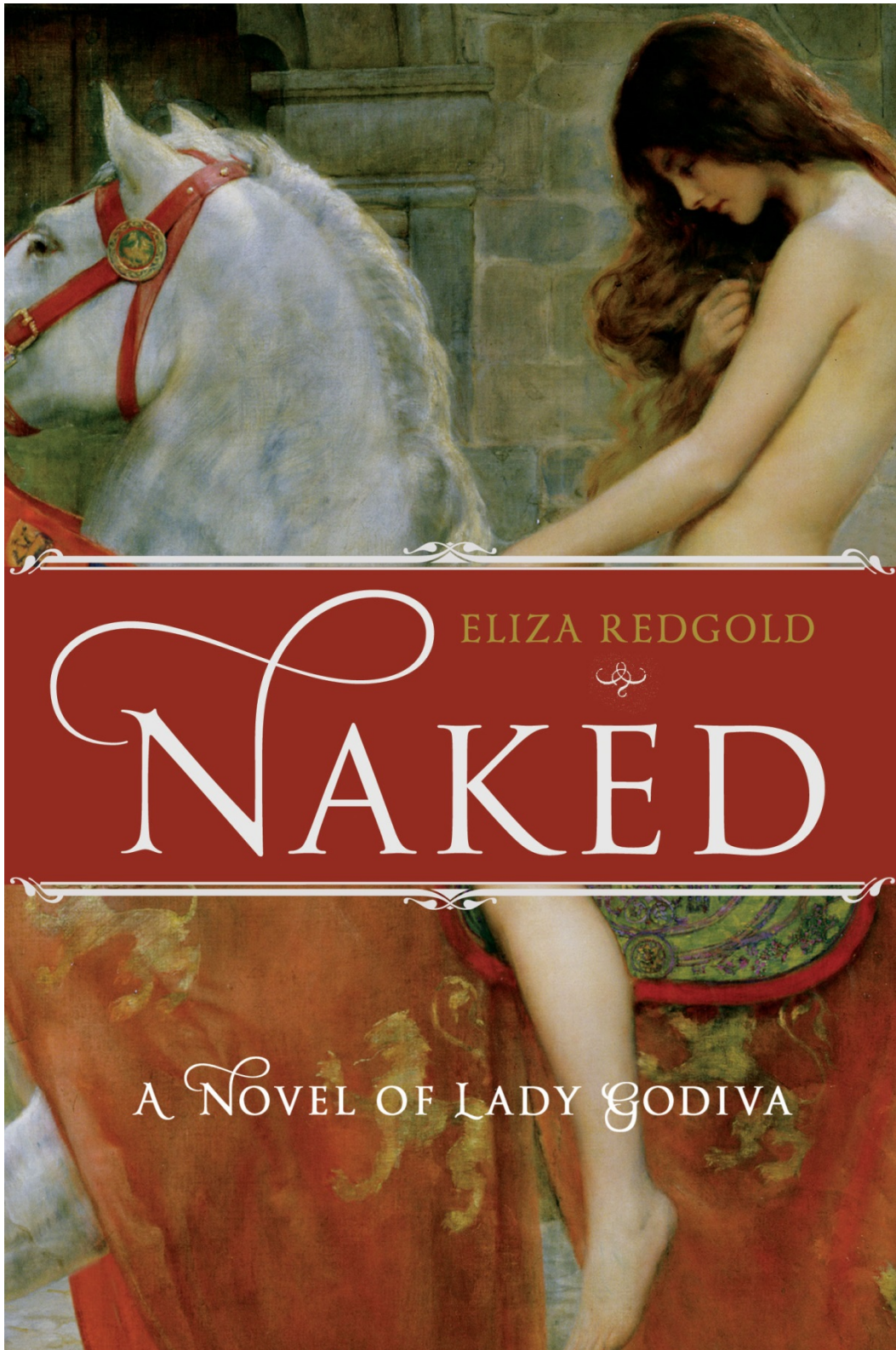
Pinterest: www.pinterest.com/elizaredgold

or subscribe to my newsletter at www.elizaredgold.com



OUT NOW!

[Buy it now](#)



Available in store and online (it's at a terrific price on Amazon right now)

[Eliza Redgold on Amazon](https://www.amazon.com/Eliza-Redgold)

www.elizaredgold.com

Page 5