



# **Celebrating the Universe!: The Spirituality & Science of Stargazing**

*James Mullaney*

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# Celebrating the Universe!: The Spirituality & Science of Stargazing

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## **Celebrating the Universe!: The Spirituality & Science of Stargazing** James Mullaney

The very first work of its kind, *Celebrating the Universe!* is a tour of the wonders of the heavens, with a focus on the “soul” of the night sky. Astronomer and author **James Mullaney** has written this travel guide to the stars from a metaphysical and spiritual perspective in addition to a scientific one. The unique unifying theme throughout is the personal benefits of communing with these marvels firsthand—the joy and heady excitement of participating in the great cosmic drama unfolding nightly overhead.

Everything the budding stargazer and celestial pilgrim needs for this journey is contained within this volume, from how to observe the sky (with the unaided eye and binoculars) . . . to what to see—and why! This book covers:

- The Sun, the Moon, and all of the planets
- Comets, asteroids, meteors, and artificial satellites
- Variable and exploding stars, colorful double and multiple stars, and glittering star clusters
- Eerie glowing nebulae, our majestic Milky Way, and remote galaxies

Through exercises and reflections, you’ll also learn about little-known aspects of stargazing such as therapeutic relaxation, celestial meditation, expansion of consciousness, spiritual contact, and astral travel; and you’ll explore profound concepts such as our heritage as children of the stars (we are made of stardust!) and our cosmic destiny as citizens of the universe.

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