

Essential Spirituality

The Essential Path Neale Donald Walsch 2019-06-04 "Deep inside you know Who You Truly Are. We all do. It's not a question of discovering it, it's a question of claiming it. Being it. And that's actually easier done than said. We're all just one decision away from The Essential Path. It's a path that could change a world that deeply yearns for a new direction." — Neale Donald Walsch, author, *The Essential Path* Our modern era is plagued by increasing alienation—we are seeing an "us against them" world. Everywhere we turn, we find ourselves divided from each other as never before across political, economic, social, and spiritual lines. As humanity is being torn apart right before our eyes—separating many of us from our friends and even our loved ones, from our hopes and dreams, from the natural world, and from so much that gives meaning and value to our lives—people are blaming everyone and everything around them for the collective problems that we have created ourselves. We are turning against each other, rather than to each other, just when we need each other the most. Bestselling author of *Conversations with God* Neale Donald Walsch offers a radical solution to the growing problem of humanity's alienation. He invites us to question our basic assumptions about ourselves, about each other, about life and how it works, and about God, and to rethink the very definition of humanity. *The Essential Path* challenges every human to make a Daring Decision—to look at who we are and how we can choose to be, in a planet-altering new way. With insight and spiritual perceptivity, Walsch peers into the heart of a broken, divided society, prompting us to ask the critical questions that have the power to transform our world.

The Encyclopedia of Spirituality Timothy Freke 2000 Provides information on various spiritual practices, traditions, and teachings.

Phyllis Tickle Sweeney, Jon M. 2015-09-30

The Essential Spirituality Handbook Wendy M. Wright 2009 The Essential Handbook series provides a concise resource for understanding and practicing your faith. The Essential Spirituality Handbook presents the foundations of Catholic spirituality in five sections. Beginning with the theological understanding of the term spirituality, Wendy Wright presents an accessible approach to prayer, virtues, discernment, and satisfaction in living a spiritual life. Readers will find Dr. Wright an excellent guide through the history of Catholic traditions in spirituality. Paperback

Essential Writings Yves Congar 2010 Yves Congar (1904-1995), a French Dominican theologian, was a prophet in the church of the mid-20th century, persecuted in the 1950s only to become perhaps the single most formative influence on Vatican II. This volume provides real insight and fresh hope for those concerned to breathe new life into the church of the 21st century.

The Big Book of Christian Mysticism Carl McColman 2021-11-16 In popular usage, "mysticism" typically refers to New Age or Eastern forms of spirituality. However, the mystical tradition is also an important component of the Christian tradition. At its heart—and much like its expression in other faith traditions—Christian mysticism is an ancient practice that incorporates meditation, contemplation, worship, philosophy, the quest for personal enlightenment, and the experience of Divine presence. This volume is a comprehensive introduction and guide to Christian mysticism. It is a big book about a big possibility: the hope of achieving real, blissful, experiential unison with God. Among the topics covered here are a general introduction to mysticism, the Bible and mysticism, the history and types of Christian mysticism, biographical sketches of leading Christian mystics, and practical instructions about practicing mysticism today. This is a breathtaking work that explores a form of spirituality that has changed lives over the course of 2,000 years. Learning about Christian mysticism and how it has been articulated through the centuries will prove inspirational for today's seekers, regardless of the faith tradition. "The mystic is not a special kind of person; every person is a special kind of mytic." --William McNamara

Richard Rohr Chase, Joelle 2018 Drawn from the many books, writings, and interviews by Richard Rohr, one of the most popular spiritual writers today, this collection introduces many of the teachings for which he has become known, all organized around the central theme of Love.

Spiritual Notes to Myself Hugh Prather 1998-01-01 This follow-up to *Notes to Myself* touches on "gossip, money, marriage, parenting, prayer, and dying with thoughtfulness and humorous practicality" (Library Journal). As an author, minister, and counselor, Hugh Prather had extensive experience sharing wisdom on worldly (and other-worldly) topics. His book, *Notes to Myself*, offers a treasury of thoughtful and eye-opening insights and reminders. And this spiritual-themed follow-up book masterfully accomplishes the same goal of guiding readers to greater awareness. Throughout the book, Prather offers countless tidbits of wisdom. Each line is packed with powerful insight and inspiration that is sure to leave a lasting impact on readers. Though his words are written as "notes-to-self," Prather's gaze looks to and reflects on the outside world, and so he draws us all into his thoughts. Through this inner dialogue, we see the world more clearly. Spiritual growth can be a slow but rewarding process if we devote the time to it. Prather's words throughout this spiritual book remind us that we are not alone on our journey, and that it is through realizing our oneness with all living things that we find our way. Check out Hugh Prather's classic and find . . . A simple, easy-to-read guide for greater spiritual and self-awareness Powerful words of wisdom on each page A resource to return to again and again in your spiritual journey "We all need to converse with the spirit. It is the only true guide we have. Read and then start taking notes." —Bernie Siegel, MD, #1 New York Times bestselling author of *Love, Medicine and Miracles* "A collection of brief musings, some lovely, others humorous." —Publishers Weekly

Essential Oils in Spiritual Practice Candice Covington 2017-11-21 Using essential oils to influence your energetic make-up and karmic patterns • Details how to identify which tattvas--the Five Great Elements--are dominant in your energetic make-up • Explores the energetic signatures of the essential oils associated with each tattva and chakra, including their archetypes, sacred geometry, sacred sounds, and colors • Explains how to identify your personal vibrational signature, purify your energy body, impart vibrational properties to jewelry, and work with yantras and mantras The tattvas, the Five Great Elements--earth, water, fire, air/wind, and ether/space--create and sustain not only the universe but also all of its inhabitants. Each of us has a unique combination of these elemental energies behind our personal characteristics--everything from the color of our eyes to our behaviors and emotional temperament. What tattvas are dominant in your make-up can also be influenced by your surroundings and by karma. Essential oils, in addition to working biologically and chemically, also work at the energetic level, making them ideal for working with the tattvas. Teaching you how to use essential oils to affect the very fabric of your being, Candice Covington details how the Tattvas Method of essential oils allow you to access the deepest, most hidden aspects of Self, those beyond the reach of the mind, the very energetic causation patterns that set all behaviors and thoughts into motion. She reveals how the tattvas are the energy that animate each chakra and how we can use their archetypal energy to shape our inner life and align with our greater soul purpose. The author provides energetic profiles of each tattva, chakra, and essential oil, explains their relationships to one another, and details how to identify what tattva or chakra is dominant at any given time. Exploring the energetic signatures of the tattvic essential oils, she details their elemental make-up, animal and deity archetypes, sacred geometry symbols, sacred syllables, and colors. She reveals how to discover the energy patterns responsible for directing unhealthy life patterns and explains how to identify your personal vibrational signature, purify your energy body, and craft your own unique ritual practice with essential oils. Showing how essential oils are powerful vibrational tools for effecting change, the author reveals how they allow each of us to deliberately steer our own destiny, fulfill our personal dharma, and be all that our souls intended us to be.

Essential Spirituality Gordon Timothy Smith 1989

Common Sense Spirituality David Steindl-Rast 2008 Each meditation in this volume reflects what the author calls "the spiritual work of our time"--cultivating grateful living, the key to joy. The selections explore the broad range of issues that have been at the core of a lifetime of meditation and teaching.

Essential Writings Chiara Lubich 2007 Most comprehensive compendium of writings by Chiara Lubich

one of the most influential Catholic women of today.

25 Books Every Christian Should Read Renovare 2011-09-13 From the creators of Devotional Classics and Spiritual Classics comes 25 Books Every Christian Should Read, the definitive guide to the most spiritually influential and important books for Christians to read. Renovaré, a community of Christians promoting personal and spiritual renewal, put together a prestigious editorial board including Richard Foster, Dallas Willard, Phyllis Tickle, and Richard Rohr, resulting in this wonderful resource for exploring the richness of the Christian tradition.

The World of Shamanism Roger Walsh 2014-05-08 Fascinating, comprehensive, and eminently readable, this guide explores shamanism—the world's most enduring healing and religious tradition—in the light of modern medicine, psychology, neuroscience, consciousness disciplines, and religious studies. Praise: "As if on cue, just when I am beginning to think that shamanism is the ground from which all religions spring, along comes this book. I cannot imagine a book that would be more helpful to me in thinking through this important subject."—Huston Smith, author of *The World's Religions* "...Unquestionably the most rounded compact introduction to shamanism, particularly the inner world of shamans, available today. A door-opening book for students of consciousness and spirituality."—Georg Feuerstein, PhD, M.Litt, author of *The Yoga Tradition* "A splendidly clear and timely survey of shamanism."—Jean Achterberg, PhD, author of *Imagery in Healing* "Quite simply, this book is a major step forward in understanding the vital phenomenon of shamanism. I recommend it highly."—Charles Tart, PhD, Professor Emeritus of Psychology, University of California at Davis, author of *States of Consciousness* "...Eminently useful and inspiring. A brilliant integrative work that pushes the frontiers of consciousness in insightful, practical, and powerful ways."—Angeles Arrien, PhD, Cultural Anthropologist, author of *The Four-Fold Way* and *The Second Half of Life* "... Unique in bringing together the full range of anthropological, psychological, and psychiatric literature on this vital subject. It does so with admirable scholarship yet still manages to be sensitive and clear."—Christie W. Kiefer, PhD, Professor Emeritus of Anthropology, University of California at San Francisco

Matthew Fox Fox, Matthew 2022-03-23 "Essential writings by Matthew Fox, theologian and leading proponent of "creation spirituality.""--

Basic Principles of Monastic Spirituality Thomas Merton 1996

The Essential Dalai Lama Rajiv Mehrotra 2006-08-29 An invaluable collection that brings together the best of the Dalai Lama's writings on all aspects of life An inspiration to millions of people worldwide, the Dalai Lama has authored more than fifty books. Now, for the first time, *The Essential Dalai Lama* brings together the best of the Dalai Lama's writings on all aspects of life, from work to meditation. Divided into four sections—The Vision, Buddhist Perspectives, Practice, A World in Harmony—*The Essential Dalai Lama* contains eloquent applications of the principles of ancient Buddhist thought to contemporary issues, all expressed in the Dalai Lama's uniquely compelling voice. This is the perfect compilation for anyone who wishes to have one source for the Dalai Lama's teachings or who seeks an introduction to the philosophy and practice of Buddhism.

Celtic Christian Spirituality 2011 The Celtic Christians beheld the world around them and perceived the divine life of God as upholding every aspect of the material universe. Their prayers and poems, their liturgies and theological interpretations give Christians a sense of faith that is confident in a merciful and infinitely creative, healing God.

Earth, Water, Fire, and Air Cait Johnson 2002-10 Discover the elemental approach to spirituality--keys to self-healing and re-connection to the earth. "When we explore and savor and interact with these elements, we are both remembering a primal connection and forging it anew. Welcome, then, to this travel guide for a journey with a particular purpose: connecting with the elements that are so basic and universal to all of us. We will look at the many ways that different faiths have danced with earth, water, fire, and air throughout history, coming to a deeper appreciation of each way's uniqueness and a greater respect for one another's paths, at the same time remembering the commonality of our human beginnings." --from the Preface The root of human spirituality is grounded in four elements--earth, water, fire and air. They are common to all people and almost every spiritual path; they are the keys to our understanding of Spirit; and they can help you achieve personal fulfillment and re-connection with others. This inspiring guidebook explains the role of

the elements in different faith traditions and how they've been incorporated into religious practices and ceremonies. You will be encouraged to explore your own spiritual connection to the elements through engaging activities, enlightening meditations and evocative poems and prayers. *Earth, Water, Fire & Air* is a celebration of how all people are connected by the elements. You will come away with a deeper relationship to others, your own spirit, and this sacred planet. You can't help but be drawn into the elemental approach to spirituality detailed in these pages. Identifying the four basic elements as humanity's first ways of knowing Spirit and reminding us of their value for spiritual nourishment, *Earth, Water, Fire & Air* reveals our human interconnectedness and offers a fascinating look at element-based symbols, traditions and ceremonies. Explore the spiritual traditions that have incorporated the elements into their practices, including: Buddhism * Christianity * Earth-honoring paths * Hinduism * Islam * Judaism Creative activity suggestions serve to enrich our spiritual relationship with each element--both individually and in community with others--and to help us discover how deeply nourishing it can be to live in an elemental way. *Spirituality, Health, and Healing* Caroline Young (MPH.) 2005 In *Spirituality, Health, and Healing*, health care professionals and spiritual care providers are presented with a comprehensive resource for delivering effective, compassionate spiritual care to their clients. Content includes exploring the spiritual dimension of individuals, the various aspects of spiritual care, spiritual dimensions in particular types of care, and spiritual considerations of special populations.

Your Essential Self Richard Harvey 2013 Helps you learn how to attain the three stages of human awakening - the process of self-discovery, the transformation into authenticity, and the source of consciousness - on the inner journey to your true self. This guide describes how spiritual attainment is not an unreachable fantasy, but a logical extension of human development.

The Big Book of Christian Mysticism Carl McColman 2010-08-01 In popular usage, "mysticism" typically refers to New Age or Eastern forms of spirituality. However, the mystical tradition is also an important component of the Christian tradition. At its heart--and much like its expression in other faith traditions--Christian mysticism is an ancient practice that incorporates meditation, contemplation, worship, philosophy, the quest for personal enlightenment, and the experience of Divine presence. This volume is a comprehensive introduction and guide to Christian mysticism. It is a big book about a big possibility: the hope of achieving real, blissful, experiential union with God. Among the topics covered here are a general introduction to mysticism, the Bible and mysticism, the history and types of Christian mysticism, biographical sketches of leading Christian mystics, and practical instructions about practicing mysticism today. This is a breathtaking work that explores a form of spirituality that has changed lives over the course of 2,000 years. Learning about Christian mysticism and how it has been articulated through the centuries will prove inspirational for today's seekers, regardless of the faith tradition. "The mystic is not a special kind of person; every person is a special kind of mytic." --William McNamara

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Upside-Down Spirituality Chad Bird 2019-04-02 In our age when the church can too often seem like a poor copy of the world, Chad Bird challenges us to reclaim the astounding originality of our ancient, backward faith. Where the world stresses the importance of success, Bird invites readers to embrace nine specific failures in the areas of our personal lives, our relationships, and the church. Why? Because what human wisdom deems indispensable is so often an impediment to our spiritual growth, and what it deems insignificant is so often essential to it. With compelling examples from the Bible and today, Bird paints an enticing picture of the counterintuitive, countercultural life that God wants for us. He helps readers delight in all of the ways that Jesus turned the world upside-down, allowing us to experience true freedom, not from our weaknesses but in the midst of them.

Christian Spirituality Frank Northen Magill 1988

Religious and Spiritual Aspects of Human Service Practice James W. Ellor 2021-05-26 Promotes the importance of understanding spirituality and religious belief in health and human service care. Although health and human service professionals traditionally receive extensive training in the emotional and physical aspects of caring for a person, they rarely receive adequate instruction in an area often as essential—spirituality and religious belief. Recognizing the importance of religion to a large share of the population, *Religious and Spiritual Aspects of Human Services* fills this gap in human services literature. James W. Ellor, F. Ellen Netting, and Jane M. Thibault address the challenge of understanding the client's perspective—even when it involves a religious tradition unfamiliar to the practitioner—and consider the impact of the client's needs on the agency and on public policy.

The Essential Guide to Religious Traditions and Spirituality for Health Care Providers Steven Jeffers 2012-12-17 This extraordinary compendium of religious traditions is invaluable to all healthcare providers. The user-friendly resource contains specific and detailed information on faith traditions vital for providing optimal spiritual care in a clinical setting. A series of inspirational introductory chapters promote the importance of spiritual well-being as

Spiritual Disciplines Robin Johnston 2017

Dom Helder Camara Hélder Câmara 2009 Dom Helder Camara (1909-1999) was one of the great prophets of the Catholic church in the twentieth century. As archbishop of Recife, Brazil he gained an international reputation as a champion of human rights during the era of military dictatorship and for his dedication to the poor. Banned from the media in his own country, he toured the world denouncing oppression in the Third World and making the link between the gospel and liberation. In his many books he communicated a joy-filled, mystical love of God and creation. These selections from his writings highlight his distinctive blend of spirituality and social vision.

Essential Spirituality Gordon T. Smith 1994-04-01 This empowering back-to-basics review of Bible-based spirituality for those who refuse to be "half-Christians" and for those beginning their lives as Christians offers a refreshing guide to the basic spiritual disciplines that are the true pathway to a dynamic, growing life of faith.

Essential Spirituality Roger Walsh 2000-09-01 "Essential Spirituality beautifully articulates the benefits of spiritual living in the material world."-Dan Millman, author, *Everyday Enlightenment* and *The Way of the Peaceful Warrior* "Deceptively simple. Its power is rooted not only in Dr. Walsh's formidable intellectual capacity to deal effectively with a vast body of religious literature but in his own deep spiritual practices in a multitude of disciplines over many years. An important contribution."-Ram Dass, author, *Be Here Now* "An absolute masterpiece . . . Essential Spirituality is helpful to both the unseasoned and seasoned seeker. The writing is deep, simple, and clear yet at the same time poetic and musical. A must read."-GERALD G. JAMPOLSKY, M.D. author, *Love Is Letting Go of Fear* "Energetic, engaged, and occasionally electrifying. . . The field of spiritual books has been looking for its own Lewis Thomas or Carl Sagan, and I believe Roger Walsh may be that one."-KEN WILBER, author, *One Taste and A Brief History of Everything* Based on over twenty years of research and spiritual practice, this is a groundbreaking and life-changing book. In his decades of study, Dr. Roger Walsh has discovered that each of the great spiritual traditions has both a common goal and seven common practices to reach that goal: recognizing the sacred and divine that exist both within and around us. Filled with stories, exercises, meditations, myths, prayers, and practical advice, *Essential Spirituality* shows how you can integrate these seven principles into one truly rewarding way of life in which kindness, love, joy, peace, vision, wisdom, and generosity become an ever-growing part of everything you do.

Literature and Spirituality Yaw Adu-Gyamfi 2011 Includes a diverse selection of spiritually-themed works, organized around 5 general themes. Each section includes a general introduction, headnotes for each author, and study questions.

Essential Chaplain Skill Sets Chaplain Keith Evans 2017-08-24 Chaplaincy is an active force in the realm of ministry to a world that is hurting and needing a moment of empathy and an encouraging word of hope. In *Essential Chaplain Skill Sets*, author Chaplain Keith Evans lays the initial foundations of chaplaincy, its need, what it is, who can be a chaplain, and further develops the cornerstone of skills employed in chaplaincy. *Essential Chaplain Skill Sets* is an easy-to-read book that is full of practical tools and resources

that chaplains of all ministry settings and experience levels can quickly utilize and master. The four main sections of the book are: 1) *The Fundamentals: The Why, What, Who, and How of Chaplaincy*, 2) *Understanding Spirituality and World Faith Expressions*, 3) *Understanding Spiritual Needs Assessments*, and 4) *Bringing the Pieces Together*. The fourth section is very practical. It includes eight real-life 'verbatim' of chaplain encounters. A list of additional questions have been included at the end of each verbatim that allow readers (individual or in groups) to evaluate how they may have conducted the encounter differently or not. "What you have with *Essential Chaplain Skill Sets*" is a pastoral practitioner's guide to proven skills learned through compassionate care and competent practice. Keith is a pastoral clinician sharing out of his own experience and doing his part to assist his pastoral colleagues in congregational and clinical settings and building upon their own art of pastoral care. He is a pragmatic realist and a patient teacher. Thank you, Keith, for this good companion book for those of us on the journey of becoming better clinical pastors." - Rev. Mark Hart, DMin, BCC, ACPE Supervisor, Director of Clinical Pastoral Education, Baptist Health System, San Antonio, Texas" Evans draws from his in-depth experience in law enforcement and trauma chaplaincy in creating this primer for chaplains serving in any ministry setting. Evans covers key fundamental concepts for any chaplain to become more effective in their role, as well as discussing spirituality and world faith expressions, and how to master spiritual need assessments. He addresses what chaplains are, how they are engaged, what they look like, and what the initial outcomes can be as a result of their employment. He describes the importance of having well-meaning, devoted chaplains to help people on their spiritual journeys. In *Essential Chaplain Skill Sets*, Evans shares well-respected resources and learned lessons geared toward assisting any chaplain of any faith background in any ministry setting.

Essential Spirituality Roger N. Walsh 1999

Essential Spirituality Roger Walsh 2000-09 Exercises from the world's religions to cultivate kindness, love, joy, peace, vision, wisdom, and generosity.

Camaldolese Spirituality Peter-Damian Belisle 2010-12-04 "Behold, I will allure her, and will lead her into the wilderness: and I will speak to her heart." Hosea 2:14 After a thousand years and in a new world, this volume assembles, for the first time in any language, all the key foundational writings of the oldest eremitic order of the Western Church. The earliest of these, Saint Bruno-Boniface's *The Life of the Five Hermit Brothers*, doubles as one of the most important documents of early Polish history. The two most celebrated works of "the Monitor of Popes", Doctor of the Church Saint Peter Damian, are included: *The Life of Blessed Romuald* and *Dominus Vobiscum*. The latter has a theme particularly dear to contemporary theologians: the Church as communion. Finally, the earliest statutes of the Order, namely the *Constitutions and Rule of Blessed Rudolf*, premiere here in English. The Jacob's ladder (Gen. 28:12) in the background of the painting of Saint Romuald by Sacchi on the front cover was inspired by the account related on page 236. In the collect for the liturgy of Saint Romuald's Day, we pray that we may deny ourselves in order to follow Christ in the way of the cross, and so go up with Him into the glory of the Kingdom. May reading this book renew your inner strength to make that same ascent "with wings as the eagles" (Isa. 40:31).

Essential Wholeness Eric Lyleson 2015-05-07 Offering a unique perspective on the Enneagram, *Essential Wholeness* describes the how human beings grow and evolve from biological, psychological, cultural, mythological and spiritual perspectives. It reveals the underlying patterns that inform these diverse disciplines and provides therapists, coaches and self-helpers an effective guide for therapeutic change and spiritual awakening. *Advance Praise for Essential Wholeness* Both profound and practical, this book integrates cutting edge neuroscience, esoteric wisdom, a heartfelt appreciation of the natural world, and powerfully effective psychological methods. It's genuinely brilliant. Rick Hanson, Ph.D., author of *Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom* Eric Lyleson has written a beautiful and helpful book on living life as a journey of awakening. I highly recommend it! Stephen Gilligan, Ph.D. author of *The Courage to Love* *Essential Wholeness* provides a blueprint for understanding and working with the complexity of human nature and behavior. It is an inspiring and valuable resource for therapists and anyone interested in the dynamics of personal transformation. Peter Chown, Psychologist. Consultant, NSW Centre for Advancement of Adolescent Health; Specialist Consultant, Adolescent Health, World Health Organization Eric somehow manages to distil a lifetime of experience, spiritual practice, and psychological

learning into a very accessible, comprehensive model of human psychology and behavior. Not since Ken Wilber have I read such a concise and useful synthesis of psychology, spirituality, and ecology. I find it incredibly useful in my work as a therapist and as a guide on my own spiritual journey. Richard Chambers, PhD, Clinical Psychologist Co- author of Mindful Learning

Essential Spirituality Roger Walsh 2000-09-04 "Essential Spirituality beautifully articulates the benefits of spiritual living in the material world."-Dan Millman, author, *Everyday Enlightenment and The Way of the Peaceful Warrior*"Deceptively simple. Its power is rooted not only in Dr. Walsh's formidable intellectual capacity to deal effectively with a vast body of religious literature but in his own deep spiritual practices in a multitude of disciplines over many years. An important contribution."-Ram Dass, author, *Be Here Now* "An absolute masterpiece . . . Essential Spirituality is helpful to both the unseasoned and seasoned seeker. The writing is deep, simple, and clear yet at the same time poetic and musical. A must read."-GERALD G. JAMPOLSKY, M.D. author, *Love Is Letting Go of Fear* "Energetic, engaged, and occasionally electrifying. . . . The field of spiritual books has been looking for its own Lewis Thomas or Carl Sagan, and I believe Roger Walsh may be that one."-KEN WILBER, author, *One Taste and A Brief History of Everything* Based on over twenty years of research and spiritual practice, this is a groundbreaking and life-changing book. In his decades of study, Dr. Roger Walsh has discovered that each of the great spiritual traditions has both a common goal and seven common practices to reach that goal: recognizing the sacred and divine that exist both within and around us. Filled with stories, exercises, meditations, myths, prayers, and practical advice, *Essential Spirituality* shows how you can integrate these seven principles into one truly rewarding way of life in which kindness, love, joy, peace, vision, wisdom, and generosity become an ever-growing part of everything you do.

The Essential Handbook of Women's Spirituality & Ritual Barbara G. Walker 2001 Among the topics explored are: how to form a women's spirituality group; holidays for women to celebrate; creating a personal altar; how to participate in guided meditations; the names of the goddesses; and celebrating female rites of passage.

Coaching with Meaning and Spirituality Peter Hyson 2013-02-11 *Coaching with Meaning and Spirituality* aims to help coaches with those occasions where a clients' search for meaning needs to be addressed and explored. Working with spirituality in a coaching context can be difficult and unfamiliar for coaches, but in this book Peter Hyson provides a vocabulary to facilitate this exploration, and ultimately to help coaches to address their clients' doubts and worries, especially in an economic climate where old certainties may be lost. Part I of this text argues the case for why coaches should be willing and able to explore areas of meaning and spirituality with coachees. It provides definitions and terminology. Part II uses case studies and activities to help coaches apply these definitions to specific contexts that we might face as coaches. The final part provides some deeper skill-development and extended resources. This book looks at motivation; legacy; drive to succeed; increasing profit; maintaining work-life balance; stress, breakdown and crises; and qualities of effective leadership. It will be especially useful for professional coaches, both the experienced and the relatively new, who coach in a variety of contexts. It aims to stimulate a new area of discussion across the wider coaching profession.

Essential Spirituality

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