

Spirility For Dummies

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Recently, my dear friend M wrote to me a tale of woe about his life, as an act of spiritual balancing in ... including "Religion for Dummies," co-written with Fr. Tom Hartman.

The God Squad: Spiritual balancing with my friend M

Today, the shelves of mainstream bookstores offer an array of books on spirituality, from writings on Buddhism, Christianity, and physics by His Holiness the Dalai Lama toSpirituality for Dummiesand, ...

Reckoning with Spirit in the Paradigm of Performance

Meditation also can help you connect with your spiritual side and possibly to a higher power ... adapted from Meditation for Dummies by Stephan Bodian: As with anything new, once you've tried ...

The Beginner's Guide to Meditation

On the broadest and deepest spiritual level, we spend way too much time telling God what we want from God and way too little time reflecting upon what God wants from us. Psalm 15 is a rectification of ...

The God Squad: The short Psalms for summer study - Psalm 15

You sometimes sense there's a spiritual backstory to Ben's subjects ... En route, Ben swots up by reading Buddhism for Dummies, but he's still clearly bamboozled by monastic life.

Ben Fogle: New Lives in the Wild

Rabbi Gellman is the author of several books, including "Religion for Dummies," co-written with Fr. Tom Hartman.

The God Squad: The spiritual meaning of America

People seek spiritual support in tough times ... Marty Nemko (bio) is a career coach and author of Cool Careers for Dummies. Is the stock market open today? Take a look at which days the NYSE ...

13 Hot Jobs in Hard Times

I know it is a sign of ingratitude on the part of the author, if he raises both hands against a certain popularity that has befallen something which is called his spiritual brainchild ... the world ...

The Author of the Robots Defends Himself!

At the center of the gathering was the man who considers himself to be Rabbi Ashlag's successor, Michael Berg, spiritual leader and co-director of the Kabbalah Center and the author of several ...

"Kabbalah for the Masses" Visits Israel

Either way, we have received so much more from God than we deserve and that spiritual excess is hosed ... including "Religion for Dummies," co-written with Fr. Tom Hartman.

The God Squad: On Psalm 117

I also bought a copy of Home Buying for Dummies and learned as much about ... Bottom line, it's all his—our time, our bodies, our spiritual gifts, our money, etc. So how will we, as his ...

He Said She Said: Should Singles Be Home Owners?

Recently, my dear friend M, wrote to me a tale of woe about his life, as an act of spiritual balancing in ... including "Religion for Dummies," co-written with Fr. Tom Hartman.

God Squad: Spiritual balancing with my friend M

On the broadest and deepest spiritual level, we spend way too much ... Rabbi Gellman is the author of several books, including "Religion for Dummies," co-written with Fr.

Want to get in touch with your spiritual side? Spiritality For Dummies, 2nd Edition, shows you how to use spiritual principles to understand and improve your life, empower you mind, and nourish your soul. Complete with a CD filled with calming, spiritual music, it is your personal guide to serenity and spiritual healing. Spiritual philosopher Sharon Janis shows you how to discover the deeper calling of your soul, survive and thrive through adversity, and look at the world with optimism. You'll learn how to use meditation, yoga, prayer, and journaling for inward reflection and to spark new vistas as you unfold your own spiritual wisdom and move forward on your spiritual journey in your own individual way. You'll find similarities and differences among a variety basic spiritual concepts from different religious and philosophical traditions, and you'll discover how to: Find your spiritual path Uplift your body, mind, and spirit Fulfill your greatest dreams Spiritualize your relationships Cultivate your spiritual virtues Increase your inner peace and happiness Turn troubles into triumphs Recognize yourself as a co-creator Be a VIP: a very inspired person The companion CD that accompanies this gentle guide brings you more than 60 minutes of inspirational music from around the world. It features the author and other artists performing songs and chants from Christian, Jewish, Buddhist, and Hindu traditions in their native languages. Note: CD-ROM/DVD and other supplementary materials are not included as part of eBook file.

This book is about Catholic spirituality, which the author christens it as 'Catholic Christian Spirituality', which introduces this spirituality to those who dream about knowing it clearly and observing it validly and fruitfully but not fully realized their dream yet. It is a compilation of the Catholic Christian Spirituality's Scriptural foundations, its historical explications of the Church, its multi-dimensional applications, and its inner and outer dynamics. Definitely the sole difference of this book from others, as the author writes, is the fact that "It is a book written with my red and warm blood as a personal journal of my experiential spirituality as a cradle New Age Catholic." Though this post-modern age is judged as one of the most secular ones, even as many comment it is an age of irreligiosity there are actually millions of people around the globe being hungry for spirituality and earnestly looking for help with their inner lives. Too many self-declared sages propose too many strategies as they like. Fr. Vima observes in those dealings many are too extreme or too sentimental or too conservative and liberal or too wordy and theoretical. With a heart of pastor, serving in many parishes in the States, he offers this book to the Catholic Christian friends who live, move in this turbulent period. This book is supposed to join in that group of works. In no way it seeks to be exhaustive or conclusive handbook or textbook on Catholic Christian spirituality or any sort of spiri-tual guidance. It consists of discussions on the basic elements of Catholic Christian spirituality, its various types, its motives and especially its dynamics. The author underlines this book's uniqueness as he writes: "In human communication it is said, 'one visual is worth thousand words'.

Your hands-on guide to this widely practiced and ancient religion Buddhism, one of the world's most widely practiced religions, is a fascinating yet complex eastern religion that is rapidly spreading throughout western civilization. What does it mean to be a Buddhist? What are the fundamental beliefs and history behind this religion? Buddhism For Dummies explores these questions and more in this updated guide to Buddhist culture. You'll gain an understanding of the origins of this ancient practice and how they're currently applied to everyday life. Whether you're a searcher of truth, a student of religions, or just curious about what makes Buddhism such a widely practiced religion, this guide is for you. In plain English, it defines the important terms, explains the key concepts, and explores in-depth a wide range of fascinating topics. New and expanded coverage on all the schools of Buddhism, including Theravada, Tibetan, and Mahayana The continuing relevance of the Dalai Lama Updated coverage on daily observances, celebrations, styles, practices, meditation, and more Continuing the Dummies tradition of making the world's religions engaging and accessible to everyone, Buddhism For Dummies is your essential guide to this fascinating religion. Buddhism For Dummies (9781119643265) was previously published as Buddhism For Dummies (9781118023792). While this version features a new Dummies cover and design, the content is the same as the prior release and should not be considered a new or updated product.

The popular guide-over 80,000 copies sold of the first edition-now revised and enhanced with an audio CD of guided meditations According to Time magazine, over 15 million Americans now practice meditation regularly. It's a great way to reduce stress, increase energy, and enjoy better health. This fun and easy guide has long been a favorite with meditation newcomers. And now it's even better. For this new edition, author Stephan Bodian has added an audio CD with more than 70 minutes of guided meditations that are keyed to topics in the book, from tuning in to one's body, transforming suffering, and replacing negative patterns to grounding oneself, consulting the guru within, and finding a peaceful place. The book also discusses the latest research on the health benefits of meditation, along with new advice on how to get the most out of meditation in today's fast-paced world. Stephan Bodian (Fairfax, CA and Sedona, AZ) is a licensed psychotherapist and the former editor-in-chief of Yoga Journal. He has written for Fitness, Alternative Medicine, Cooking Light, and Tricycle and is the coauthor of Buddhism For Dummies (0-7645-5359-3).

An introduction to the spiritual source of the beliefs and practices that have so profoundly shaped African American religious traditions. Most of the Africans who were enslaved and brought to the Americas were from the Yoruba nation of West Africa, an ancient and vast civilization. In the diaspora caused by the slave trade, the guiding concepts of the Yoruba spiritual tradition took root in Haiti, Puerto Rico, Cuba, Brazil, and the United States. In this accessible introduction, Baba Ifa Karade provides an overview of the Yoruba tradition and its influence in the West. He describes the sixteen Orisha, or spirit gods, and shows us how to work with divination, use the energy centers of the body to internalize the teachings of Yoruba, and create a sacred place of worship. The book also includes prayers, dances, songs, offerings, and sacrifices to honor the Orisha.

From Feng Shui to holistic medicine, from aromatherapy candles to yoga weekends, spirituality is big business. It promises to soothe away the angst of modern living and to offer an antidote to shallow materialism. Selling Spirituality is a short, sharp, attack on this fallacy. It shows how spirituality has in fact become a powerful commodity in the global marketplace - a cultural addiction that reflects orthodox politics, curbs self-expression and colonizes Eastern beliefs. Exposing how spirituality has today come to embody the privatization of religion in the modern West, Jeremy Carrette and Richard King reveal the people and brands who profit from this corporate hijack, and explore how spirituality can be reclaimed as a means of resistance to capitalism and its deceptions.

In The Rule of Benedict for Beginners, Wil Derkse describes how individuals -- and organizations as well -- who function apart from a monastery may emulate elements of Benedictine spirituality and follow the Benedictine motto of "worship and work" in their daily schedules. Book jacket.