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THE SEEKER'S GUIDE



MAKING YOUR LIFE
A SPIRITUAL ADVENTURE

ELIZABETH LESSER

COFOUNDER OF THE OMEGA INSTITUTE

ORIGINALLY PUBLISHED AS *THE NEW AMERICAN SPIRITUALITY: A SEEKER'S GUIDE*

Seekers Guide Making Your Life A Spiritual Adventure

Elizabeth Lesser



Seekers Guide Making Your Life A Spiritual Adventure:

The Seeker's Guide Elizabeth Lesser, 2008-11-18 In 1977 Elizabeth Lesser cofounded the Omega Institute now America's largest adult education center focusing on wellness and spirituality Working with many of the eminent thinkers of our times including Zen masters rabbis Christian monks psychologists scientists and an array of noted American figures from L A Lakers coach Phil Jackson to author Maya Angelou Lesser found that by combining a variety of religious psychological and healing traditions each of us has the unique ability to satisfy our spiritual hunger In The Seeker's Guide she synthesizes the lessons learned from an immersion into the world's wisdom traditions and intertwines them with illuminating stories from her daily life Recounting her own trials and errors and offering meditative exercises she shows the reader how to create a personal practice gauge one's progress and choose effective spiritual teachers and habits Warm accessible and wise this book provides directions through the four landscapes of the spiritual journey THE MIND learning meditation to ease stress and anxiety THE HEART dealing with grief loss and pain opening the heart and becoming fully alive THE BODY returning the body to the spiritual fold to heal and overcome the fear of aging and death THE SOUL experiencing daily life as an adventure of meaning and mystery

Adventures in Spirituality Robert P. Vande Kappelle, 2020-02-17 Contrary to popular culture the goal of life is not happiness but meaning Those who seek happiness by trying to avoid or finesse conflict suffering doubt and change will find life increasingly superficial Feeling good is a flawed measure of life but living meaningfully is transformative for then one is living a developmental rather than a regressive agenda The ego does whatever it can to make itself comfortable whereas spirituality is about wholeness Adventures in Spirituality represents the culmination of Dr Vande Kappelle's forty year teaching career incorporating in one volume his views on topics as varied as theology Christology biblical interpretation spirituality ethics world religions religion and science faith and reason and church history Reared in Costa Rica the son of missionary parents Dr Vande Kappelle describes his journey from belief to faith as a transition from precritical to postcritical understanding from evangelical Christianity to what he calls alternative orthodoxy Narrating the shift from first to second half of life experience he introduces readers to core principles that shaped his values thinking and way of life Useful for individual or group study Adventures in Spirituality encourages readers to take risks with their lives and faith affirming that this is how one grows spiritually

Heart to Heart--The Journey Inward Robert P. Vande Kappelle, 2023-01-20 Whether religiously theists atheists agnostics or simply seekers each of us is on a journey of faith spiraling through stages seasons or phases of spirituality On this journey we discover that spirituality is more caught than taught and that faith enriched more by subtraction than by addition is more about unlearning than learning At the center of Jesus life and message stands the exhortation to receive and share divine love The two volumes of Heart to Heart excerpted from Dr Vande Kappelle's published writings examine the meaning and implications of the biblical Great Commandment to love God and others as oneself This volume examines the spiritual journey inward and its companion volume the journey

outward Ultimately there is only one spiritual journey the journey Godward and there is only one commandment Divine love is the key to everything Unloved people misbehave fail to love or fail to change Loved people aren't concerned with rules regulations or beliefs Rather because they are loved they take proper care of themselves and in so doing care for nature and others as extensions of themselves Heart to Heart is written for those who affirm the value of lifelong spiritual growth realize the limits of logic and embrace the paradoxes in life If you are willing to commit less than ten minutes a day over a seven month period you will undertake a spiritual journey of epic proportions guaranteed to transform you morally and spiritually In addition you will come to embrace Christianity as the transformative movement envisioned by Jesus for humanity a way of life grounded in compassion justice service humility and love of others

Integrating Spirituality and Religion Into Counseling Craig S. Cashwell, J. Scott Young, 2014-12-01 In this book experts in the field discuss how spiritual and religious issues can be successfully integrated into counseling in a manner that is respectful of client beliefs and practices Designed as an introductory text for counselors in training and clinicians it describes the knowledge base and skills necessary to effectively engage clients in an exploration of their spiritual and religious lives to further the therapeutic process Through an examination of the 2009 ASERVIC Competencies for Addressing Spiritual and Religious Issues in Counseling and the use of evidence based tools and techniques this book will guide you in providing services to clients presenting with these deeply sensitive and personal issues Numerous strategies for clinical application are offered throughout the book and new chapters on mindfulness ritual 12 step spirituality prayer and feminine spirituality enhance application to practice Requests for digital versions from the ACA can be found on wiley.com To request print copies please visit the ACA website here <https://imis.counseling.org/store/detail.aspx?id=78161> Reproduction requests for material from books published by ACA should be directed to publications@counseling.org

Spirituality, Health, and Healing: An Integrative Approach Caroline Young, Cyndie Koopsen, 2010-08-15 Spiritual Health and Healing An Integrative Approach Second Edition offers healthcare professionals instructors and spiritual care providers a comprehensive guide to the most current research on the connection between spiritual practice and health This updated Second Edition includes new sections on integral spirituality and the New Thought Movement healing rituals and healing environments plus new information on spirituality and aging caring for the elderly and spiritual hospice

Couple's Retirement Puzzle Roberta K. Taylor, Dorian Mintzer, 2014-08-05 The essential guide for couples to create a happy healthy and successful retirement Retirement can be the best time of your life but for couples there's far more to it than cashing in on your 401(k) The most important asset you have during retirement is each other yet many couples aren't sure where to begin to prepare for retired life or what to consider as they do The Couple's Retirement Puzzle reveals ten key conversations couples should tackle before retirement to ensure a rewarding second half of life together including Do we have enough money to support the lifestyle we want Should we retire simultaneously or separately Do we stay put or explore new frontiers What's the best way to stay healthy and fit after fifty

How do we meet new friends and create new interests outside of work How will we balance time together and time apart And more Filled with smart practical advice engaging anecdotes and helpful exercises The Couple s Retirement Puzzle will guide you and your partner to a fulfilling retirement you can enjoy and celebrate together Beyond the Indigo Children P. M. H. Atwater,2005-09-29 Connects the arrival of a new type of children with the fulfillment of the Fifth World of the Mayan Calendar and other great prophecies Provides detailed information about the world changes that will take place before and after December 21 2012 Explores the seven root races representing the genetic gene pool of the human family and the phenomenon of soaring intelligence Explains the grand sweep of human evolution and the worldwide ascension of energy now occurring which will take humanity to the next level of development According to prophecy the fifth sun or fifth world of the Mayan calendar moves into a higher octave of vibration or ascension on December 21 2012 This date represents a gateway of planetary development that will open humanity to new ways of living and new worlds of opportunity Ancient traditions have foretold that our successful passage through this gateway depends on the fifth root race new stock in the human gene pool destined to help us through the exciting and massive changes ahead In Beyond the Indigo Children P M H Atwater illuminates the characteristics of the fifth root race the capstone being the extraordinary new children those brilliant and irreverent kids born since 1982 She explores the relationship of the new children to the prophecies in the Mayan calendar and other traditions providing extensive background information about the seven root races the sixth and seventh of which haven t yet appeared and the great shifting of consciousness already underway She reveals the connection of the seven root races to the seven chakras and how the fifth chakra the chakra of willpower will be opened for humankind as the new children grow to maturity She also discusses the phenomenon of soaring intelligence and undeveloped potential and provides concrete guidance and tools for those who seek to understand and help the new children achieve their full potential Beyond the Indigo Children is the first major study of today s children and their place in our rapidly changing world that combines objective research with mystical revelation and prophecy Oprah's Jesus Kurt D. Bruner,2010-08-01 When it comes to religion the most respected voice of the past decade is not a pastor evangelist priest or rabbi She is a warm articulate woman whose presence dominates daytime television and grocery store checkout stands Her influence has propelled little known authors into best selling millionaires and spawned a media empire worth billions Oprah s name and image are instantly recognized by millions of adoring fans who view her as a long term friend and trusted spiritual mentor But many have become troubled that Oprah seems less and less tolerant of her childhood faith and has begun celebrating a Jesus very different than the God Man of her Sunday school lessons Oprah s Jesus leverages the enormous popularity of Oprah Winfrey to explore the rise of generic spirituality rooted in personal preference versus transcendent beliefs rooted in historic Christian orthodoxy **Living with Certainty** Kristi LeBlanc,2010-07 The author founder and CEO of Living with Certainty LLC presents her multi faceted approach to creating a life of deep soul joy Includes information on dwelling with

awareness and sensing universal interconnectivity discovering your individual soul view resonating high frequency energy vibrations to align with your spiritual power frequency eliminating static inducing elements in thoughts beliefs relationships and actions listening to an internal instruction system and following the universal guidance inherent in signs signals symbols and synchronicities

Spiritual Competency in Psychotherapy Philip Brownell, 2014-06-26 Reading the book *Spiritual Competency in Psychotherapy* was like having a series of extended conversations with a good friend about what really matters in psychotherapy and life Philip Brownell generously shares his experiences insights knowledge questions and struggles about spirituality and psychotherapy in this book By the time we finished reading it we felt grateful for the gems of insight we discovered Brownell is honest and authentic throughout his book as he portrays how religion and spirituality can be both a source of emotional distress and a powerful healing resource As readers of the book enjoy their own conversations with Brownell we are convinced they will be rewarded with rich insights into how spirituality can be integrated into psychotherapy in a mature competent and ethical manner P Scott Richards and Peter W Sanders *PsycCRITIQUES*

Historically mental health clinicians were trained to refer clients spiritual issues to pastoral professionals However the current requirement for competence with diverse cultural concerns in counseling and psychotherapy may include those of a religious nature Using a nonsectarian approach that can complement a wide range of psychotherapeutic orientations this practical guide helps therapists and counselors gain competence in working with clients who are dealing with spiritual issues in their lives Written by an experienced clinical psychologist who is also an ordained clergyman the book describes how to work effectively and ethically with clients of all faiths who present spiritual questions problems and unfinished spiritual or religious business The book offers counselors and psychotherapists who lack experience or comfort in dealing with spiritual issues especially those who have not worked out their own approaches to spirituality ways of understanding the nature of spirituality It orients clinicians to respectfully help clients who have spiritual and religious issues It provides basic information about Western and Eastern spiritual worldviews and provides a basic framework for competently addressing spiritual issues for clients of any faith The book discusses four ways in which spirituality can inform psychotherapy including spiritual work in the context of a therapeutic relationship in the interpretation of experience and in the movement to enactment It addresses specific issues therapists may encounter such as clients uncertainties in faith struggles with oppressively rigid faith communities grief and loss and abuse at the hands of religious community leaders Specific recommendations for providing therapeutic help as well as case examples drawn from actual practice provide practical guidelines for enhancing spiritual competency in psychotherapy

Key Features Provides practical guidelines for counseling clients about a variety of spiritual issues Includes approaches that can be incorporated into a wide range of psychotherapeutic modalities Helps clinicians to understand clients spiritual perspectives in order to suggest effective interventions Addresses specific spiritual or religious concerns that clients often make known providing illustrative case

examples Presents an open window through which the reader might gaze upon spiritual life so as to grasp its nature and more fully understand religious and spiritual people

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