

# **Modern Psychology and Ancient Wisdom**

Psychological Healing Practices  
from the World's Religious  
Traditions

Second Edition

*Edited by*  
**Sharon G. Mijares**



# Modern Psychology And Ancient Wisdom Psychological Healing Practices From The Worlds Religious Traditions

**Sharon G. Mijares**



## **Modern Psychology And Ancient Wisdom Psychological Healing Practices From The Worlds Religious Traditions:**

*Modern Psychology and Ancient Wisdom* Sharon G. Mijares, 2014-01-14 Harness the psychospiritual healing potential of prayer meditation breathing and more This thoughtful anthology illuminates ancient ways of psychospiritual healing Research has shown the healing potential of prayer meditation controlled breathing and other timeless spiritual disciplines This extraordinary book brings together experts who explore these concepts from the perspectives of Christianity Buddhism Sufism the Goddess tradition Judaism Native American spirituality Taoism and Hinduism Yoga In *Modern Psychology and Ancient Wisdom Psychological Healing Practices from the World s Religious Traditions* you ll discover ancient techniques used by teachers guides and practitioners through the ages to facilitate psychological healing Each chapter of this unique book presents a unique and distinctive view of psychospiritual practice and demonstrates its healing applications With it you will explore the Buddhist concept of Brilliant Sanity and how to help clients reconnect to it through several specific practices ways of accessing the healing power of Christ as employed by various denominations a remarkable collection of metaphors in the Goddess tradition to help in the healing process for battered and abused women Kabbalistic Jewish mystical paths to healing Native American healing rituals and tales Sufi stories poetry and practices dance sound breathing turning walking meditation and remembrance that encourage the healing process health and healing resources from the Taoist tradition including wu wei effortless effort acupuncture diet and nutrition and meditation Hindu yoga techniques that employ physical postures mantric sound and breath control and much more *Modern Psychology and Ancient Wisdom* is a book that offers important help to the layperson psychologist pastoral caregiver and professor It will help religious leaders understand more about the practices of other faiths It is in harmony with the movement of our post modern world toward multicultural perspectives offering a large varied and meaningful view of the world

### **Modern Psychology and Ancient Wisdom**

Sharon G. Mijares, 2015-09-09 *Modern Psychology and Ancient Wisdom* 2nd edition brings together experts who explore the use of ancient healing techniques from Buddhism Christianity Goddess Shamanism Taoism and Yogic traditions as well as the mystical practices of Judaism and Islam and their application to modern counseling and therapy professions Each chapter lays out time tested techniques used by teachers guides and practitioners to facilitate psychological healing embraces a wide variety of cultural perspectives and offers a large varied and meaningful view of the world This new edition includes added material on Islam indigenous and shamanic healing perspectives and practices as well as new findings in the fields of neuropsychology and epigenetics With its vast offerings of new treatment methods from a variety of perspectives from therapeutic metaphors and breathing exercises to meditation and yoga techniques this book will be of use to mental health professionals social workers and pastoral caregivers

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**The Psychospiritual Clinician's Handbook** Sharon G Mijares, Gurucharan Singh Khalsa, 2014-05-12 Learn to treat a variety of diagnostic disorders through various psychospiritual treatment models Increasing numbers of people are moving beyond psychological therapy to seek alternative spiritual perspectives to medical and mental health care such as yoga and meditation The Psychospiritual Clinician's Handbook Alternative Methods for Understanding and Treating Mental Disorders provides the latest theoretical perspectives and practical applications by recognized experts in positive and integrative psychotherapy Leading clinicians examine and re examine their therapeutic worldviews and attitudes to focus on the right

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**Psychology, Religion, and Spirituality** James M. Nelson, 2009-02-17 Over a century ago psychologists who were fascinated with religion began to study and write about it Theologians and religious practitioners have responded to this literature producing a fascinating dialogue that deals with our fundamental understandings about the human person and our place in the world This book provides an introduction to the important conversations that have developed out of these interchanges The dialogue between psychology and religion is difficult to study for a number of reasons First it requires knowledge of both psychology and religion People with a background in psychology often lack a solid understanding of the religious traditions they wish to study and theologians may not be up to date on the latest developments in psychology Second it requires conceptual tools to organize the material and understand the basic problems involved in any attempt to connect the science of psychology with religion These concepts can be found in many places for instance in the writings of philosophers of science but they are complex and often hard to follow for those without a proper theological and philosophical background Finally authors who write on the topic come to the study of psychology and religion from a variety of academic and personal backgrounds This makes for wonderful diversity in conversations but it makes understanding and mastery of the material quite difficult

**The Interplay of Psychology and Spirituality** Alexandra M. Hepburn, 2025-07-30 Many counseling clients find comfort and meaning in their spiritual lives in the context of religious affiliation or the diverse viewpoints of the spiritual but not religious But counselors and psychotherapists often lack training for work in this territory and may be wary of opening the door The Interplay of Psychology and Spirituality is an exploration of the subtle fluid relationship between psychology and spirituality that offers valuable perspectives and suggestions for

embracing spirituality and religion in the helping professions Drawing on Jungian transpersonal and integral perspectives Hepburn highlights personal and cultural styles spirituality as a therapeutic resource and the potential for psychospiritual growth She also emphasizes the importance of focusing on metaphors stories and direct experience rather than beliefs Thoughtful attention is given to potential psychospiritual problems ethical dilemmas and diagnostic challenges There are also frequent opportunities for personal reflection Unique features of the book include consideration of the potential relationship of spirituality to therapeutic themes such as attachment trauma subpersonalities and somatic experience as well as application of the concepts in the stories of nine fictional characters based on the Enneagram Thoughtful and thought provoking *The Interplay of Psychology and Spirituality* is a valuable resource for helping professionals spiritual directors and for general readers with a particular interest in the subject

*A History of Psychology* William Douglas Woody, Wayne Viney, 2023-07-19 This seventh edition of *A History of Psychology The Emergence of Science and Applications* traces the history of psychology from antiquity through the early twenty first century giving students a thorough look into psychology s origins and key developments in basic and applied psychology It presents internal disciplinary history as well as external contextual history emphasizing the interactions between psychological ideas and the larger cultural and historical contexts in which psychologists and other thinkers conduct research teach and live It also has a strong scholarly foundation and more than 400 new references This new edition retains and expands the strengths of previous editions and introduces several important changes The text features more women people of color and others who are historically marginalized as well as new sections about early Black psychology and barriers faced by people who are diverse It also includes expanded discussions of eugenics and racism in early psychology There is new content on the history of the biological basis of psychology the emergence of qualitative methods and ecopsychology ecotherapy and environmental psychology Recent historical findings about social psychology including new historical findings about the Stanford Prison Experiment Milgram s obedience research and Sherif s conformity studies have also been incorporated Continuing the tradition of past editions the text focuses on engaging students and inspiring them to recognize the power of history in their own lives to connect history to the present and the future and to think critically and historically

*A Conceptual History of Psychology* Brian Hughes, 2022-11-17 What is modern psychology and how did it get here How and why did psychology come to be the world s most popular science *A Conceptual History of Psychology* charts the development of psychology from its foundations in ancient philosophy to the dynamic scientific field it is today Emphasizing psychology s diverse global heritage the book explains how across centuries human beings came to use reason empiricism and science to explore each other s thoughts feelings and behaviours The book skilfully interweaves conceptual and historical issues to illustrate the contemporary relevance of history to the discipline It shows how changing historical and cultural contexts have shaped the way in which modern psychology conceptualizes individuals brains personality gender cognition consciousness health childhood and

relationships This comprehensive textbook Helps students understand psychology through its origins evolution and cultural contexts Moves beyond a great persons and events narrative to emphasize the development of the theoretical and practical concepts that comprise psychology Highlights the work of minority and non Western figures whose influential work is often overlooked in traditional accounts providing a fuller picture of the field s development Includes a range of engaging and innovative learning features to help students build and deepen a critical understanding of the subject Draws on examples from contemporary politics society and culture that bring key debates and historical milestones to life Meets the requirements for the Conceptual and Historical Issues component of BPS accredited Psychology degrees This textbook will provide students with invaluable insight into the past present and future of this exciting and vitally important field Read more from Brian Hughes on his blog at thesciencebit net      Empathy Fatigue Mark A. Stebnicki,2008-05-19 Many mental health practitioners present symptoms that are consistent with their clients anxiety and stress related disorders It comes as no surprise then that counselor impairment the stress that comes from treating survivors of traumatic events is now officially recognized by the American Counseling Associations Task Force on Counselor Wellness Empathy Fatigue is a term coined by the author after his own experience serving on the crisis response team for the Westside Middle School shootings in Jonesboro Arkansas Remarkably symptoms of empathy fatigue are evident amongst a broad range of professionals those who treat victims of stressful and traumatic events those who treat persons with abuse mood anxiety and stress related disorders as well as those who work in career and vocational settings or with people with mental and physical disabilities This guide is also meant for all these groups This book provides a repertoire of strategies techniques and insight designed to increase personal resiliency and decrease counselor burnout and fatigue Self assessment approaches with an in depth analysis of empathy fatigue and an explanation of this phenomenon from a mind body and spiritual perspective Detailed case studies and suggested questions for self assessments and self care A variety of self care approaches providing guidelines to counselors and clinicians to identify their own emotional physical and mental exhaustion      **Routledge Handbook of Indigenous Wellbeing** Christopher Fleming,Matthew Manning,2019-04-18 The Routledge Handbook of Indigenous Wellbeing consists of five themes namely physical social and emotional economic cultural and spiritual and subjective wellbeing It fills a substantial gap in the current literature on the wellbeing of Indigenous people and communities around the world This handbook sheds new light on understanding Indigenous wellbeing and its determinants and aids in the development and implementation of more appropriate policies as better evidence informed policymaking will lead to better outcomes for Indigenous populations This book provides a reliable and convenient source of information for policymakers academics and students and allows readers to make informed decisions regarding the wellbeing of Indigenous populations It is also a useful resource for non government organizations to gain insight into relevant global factors for the development of stronger and more effective international policies to improve the lives of Indigenous communities      **Creativity, Spirituality, and**

**Mental Health** Kelley A. Raab, 2009 This book emphasizes the integral connections between imagination creativity and spirituality and their role in healing Part One highlights the work of a neglected yet important psychoanalyst Marion Milner a painter and undeclared mystic expanding her work on creativity mysticism and mental health Part Two explores imagination and creativity as expressed in fostering hope and in spiritually oriented therapies particularly for mood anxiety and eating disorders offering practical application of studies in imagination and the arts Raab Mayo concludes that both creativity and the potential for transcendence are inherent in the human psyche and can work as allies in the process of healing from mental illness

**Creativity, Spirituality, and Mental Health** Kelley Raab Mayo, 2016-05-13 This book emphasizes the integral connections between imagination creativity and spirituality and their role in healing First the author highlights the work of a neglected yet important psychoanalyst Marion Milner a painter and undeclared mystic expanding her work on creativity mysticism and mental health Second she explores imagination and creativity as expressed in fostering hope and in spiritually oriented therapies particularly for mood anxiety and eating disorders offering practical application of studies in imagination and the arts Raab Mayo concludes that both creativity and the potential for transcendence are inherent in the human psyche and can work as allies in the process of recovery from mental illness

**The Revelation of the Breath** Sharon G. Mijares, 2015-05-11 Faced with unrelenting stresses from daily news relationships health and financial conditions and unsatisfied with the temporary and side effect riddled relief that pharmaceuticals provide millions are finding measures of peace and positive energy through mindful breathing practices In this book Stanislav Grof Neil Douglas Klotz Sharon G Mijares Sonia Gilbert Sheldon Kramer Ilse Middendorf Michael Sky Puran Bair and other well known experts and international workshop leaders take up a wide range of Western Eastern and Middle Eastern breathing practices describing the historical development of these techniques and philosophies and providing examples of modern practices stories of healing and specific exercises for application

**Coping Skills for a Stressful World** Michelle Muratori, Robert H. Haynes, 2020-03-03 This comprehensive counseling tool kit for stress management provides clinicians with hundreds of client exercises and activities Representing a variety of therapeutic approaches this workbook offers creative techniques for helping clients handle traditional concerns including anxiety depression anger and grief in addition to heightened present day issues such as natural and human made disasters the misuse of social media political divisiveness social injustice and mass shootings and other violence Drs Muratori and Haynes give their personal and professional perspectives on successfully working with clients therapeutically and also invite a number of expert clinicians to share their experiences and exercises they have used that have been effective with clients The final section of the workbook presents strategies for counselor self care and client life after counseling Requests for digital versions from ACA can be found on [www.wiley.com](http://www.wiley.com) To purchase print copies please visit the ACA website here Reproduction requests for material from books published by ACA should be directed to [publications@counseling.org](mailto:publications@counseling.org)

**The Living Church** , 2003      **Christian Goddess Spirituality** Mary Ann



Beavis,2015-10-08 This monograph focuses on Christian Goddess Spirituality CGS the phenomenon of mostly women who combine Christianity and Goddess Spirituality including Wicca Witchcraft Mary Ann Beavis s study provides ethnographic data and analysis on the lived religious experience of CGS practitioners drawing on interviews of over 100 women who self identify as combining Christianity and Goddess spirituality Although CGS also has implications for Goddess Spirituality and related traditions e g Neopaganism Wicca here CGS is considered primarily as a phenomenon within Christianity However the study also shows that the fusion of Christian and Goddess spiritualities has had an impact on non Christian feminist spirituality since Goddess worshippers have often constructed Christianity as the diametrical opposite and enemy of the Goddess to the point that some refuse to admit the possibility that CGS is a valid spiritual path or that it is even possible In addition biblical Jewish and Christian images of the divine such as Sophia Shekhinah the Virgin Mary and even Mary Magdalene have found their way into the Pagan Goddess pantheon The main themes of the study include overlaps and differences between Christian feminist theology and CGS the routes to CGS for individual practitioners and their beliefs practices and experiences proto denominational classifications spiritual paths within CGS CGS theology Christian discourse about the female divine and the future of CGS in social scientific and ecclesiological context Christian Goddess Spirituality will be of interest to scholars of religion especially those with interests in women and religion feminist spiritualities feminist theology theology alternative spiritualities New Religious Movements and emergent Christianities Indigenous Research of Land, Self, and Spirit Throne, Robin,2020-12-04 Indigenous cultures meticulously protect and preserve their traditions Those traditions often have deep connections to the homelands of indigenous peoples thus forming strong relationships between culture land and communities Autoethnography can help shed light on the nature and complexity of these relationships Indigenous Research of Land Self and Spirit is a collection of innovative research that focuses on the ties between indigenous cultures and the constructs of land as self and agency It also covers critical intersectional feminist and heuristic inquiries across a variety of indigenous peoples Highlighting a broad range of topics including environmental studies land rights and storytelling this book is ideally designed for policymakers academicians students and researchers in the fields of sociology diversity anthropology environmentalism and history Spirituality, Religion, and Aging Holly Nelson-Becker,2017-02-01 Spirituality Religion and Aging Illuminations for Therapeutic Practice by Holly Nelson Becker is a highly integrative book written for students professionals in aging ministers and older adults themselves Readers will gain the knowledge and skills they need to assess engage and address the spiritual and religious needs of older persons Taking a fresh approach that breaks new ground in the field the author discusses eight major world religions and covers values and ethics theories interventions health and caregiving depression and anxiety dementia and the end of life Meditations and exercises throughout the book allow readers to expand and explore their personal understanding of spirituality Referencing the latest research the book includes assessments and skill based tools designed to help practitioners enhance the mental

health of older people      **The Study of Witchcraft** Deborah Lipp, 2007-10-01 The Study of Witchcraft is a compendium for Wiccans who want to deepen their understanding of their traditions The Study of Witchcraft reaches beyond Wicca delving into topics as diverse as history psychology divination and lucid dreaming The Study of Witchcraft introduces the reader to these topics discussing each in depth and offering a one of a kind course of study including recommended reading offering readers increasingly solitary witches a self study guide and a rich resource The Study of Witchcraft includes information for all sorts of Wiccans traditional eclectic radical groups and solitary Wide ranging topics also include Western occultism myth and folklore meditation astrology the Burning Times history herbalism and much more Deborah Lipp opens the book with a discussion of the past 40 years of Wiccan history and talks about the diverse people who call themselves Wiccans Then throughout the study guide portion she offers information tailored to different types of Wiccans Essentially The Study of Witchcraft is a veritable master s degree in Wicca in book form Written for the needs of the modern wiccan who learns primarily by self study Written by a noted and respected author whose work is already used in study groups

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