

THE SACRED HUB

Living in Your Real Self



Robert Rabbin

"If you know who you are, you do not have to read *The Sacred Hub*. If you do not know who you are, read, learn, and create who you have always been but didn't know. It is always nice to come home and find yourself. Read and be guided."

—Bernard S. Siegel, M.D.,

author of *Love, Medicine Of Miracles and Power, Love Of Healing*

Sacred Hub Living In Your Real Self

Padhraic Smyth



Sacred Hub Living In Your Real Self:

The Sacred Hub Robert Rabbin, 1996 These 60 spiritual essays each address learning to experience the true self and to live in harmony with eternal reality They provoke readers into venturing onto their own path of spiritual exploration Topics include Dancing with Silence Finding the Ego and Healing the Past The Root of Fear The Drunkenness of Love and Anger and Impermanence to prompt readers into a path of self enquiry **Take Me To Truth: Undoing The Ego** Nouk

Sanchez, 2010-05-11 Take Me to Truth is the first book to boldly address the fundamental problem that all spiritual seekers face on the journey to awakening the ego Take Me to Truth is a powerful six stage navigational guide that takes us through the six remarkable stages of undoing ego Each of these stages becomes an experience of deepening trust eventually removing all existing blocks to the awareness of the Infinite Love that we are and have It bridges the yawning gap that exists between seeking enlightenment and finding it **The Translucent Revolution** Arjuna Ardagh, 2010-10-06 There is a gentle

but profound revolution in human consciousness happening throughout the world it has affected millions of people from all walks of life and the numbers continue to multiply exponentially The breakthroughs they have experienced are startlingly similar and are marked by a new sense of well being increased joy in life diminished fear and a natural impulse to serve and contribute to the world in a real way For more than a decade Arjuna Ardagh has studied this worldwide advance in human consciousness marked by what he calls translucent individuals who have undergone a spiritual awakening deeply enough that it has permanently transformed their relationship to themselves and to reality while allowing them to remain involved in ordinary life The Translucent Revolution draws on the author's dialogues with thousands of writers teachers and workshop participants around the world who display characteristics of translucence He blends observation anecdote and research including commentaries from leading pioneers in the field of human consciousness *The Awakening West*, The days when

those in the West looked towards the Eastern religious traditions for enlightenment are coming to an end Western spirituality has come into its own drawing on the rich philosophies of Zen Hinduism Advaita Vedanta Kashmiri Shaivism Judaism and Christianity In this book Western spiritual teachers and seekers at the front of this movement explore this phenomenon and share their experience warmth and wisdom The book includes writing by Adyashanti Peter Fenner Gangaji Douglas Harding Catherine Ingram Kenny Johnson Francis Lucille Satyam Nadeen Mira Pagal Robert Rabbin Byron Katie Rolle Isaac Shapiro Lama Surya Das Christopher Titmus and Eckhart Tolle Sobriety and Inspiration Richard G. Hartnett, 2008-07 Are you

ready to set aside your addictive urges and align yourself with the healing forces in you Richard Hartnett's Sobriety and Inspiration will give you many new insights and tools to restore your health and self respect To change our behavior and get sober we must first learn to recognize the powerful inner forces that compel us to act negatively Richard Hartnett draws upon the experience of people in recovery to deliver a clear and extensive roadmap for understanding an addiction whether it's with alcohol drugs food gambling or sex He teaches the reader to recognize and understand the competing voices within

the inner Tyrant the inner Addict and the Healthy Self And he provides exercises dialogs and meditations to expose these different sides of our personality and bring about the realignment we desire He also applies this approach to our struggles with fear stress and intimacy Hartnett shows us how to follow the inspirations of our inner Guide so we can conquer our temptations and resolve our inner conflicts The meditations will be of special interest to those with substantial sobriety And by gaining access to the creative forces in us we are free to develop a spirituality suited to our needs American Book Publishing Record ,1996 **And So It Is** Angelica Jayne Taggart,2013-10 What People are Saying Rev Angelica s messages are a combination of story telling enlightened insight affirmative prayer and honest communication around what it means to be spirit having a human experience Danika Dinsmore author Rev Angelica has inspired me for years with her weekly messages and prayers What a feast to have so much wisdom in one volume Rev Carrie Hunter Banff Alberta Canada Open and caring joyful and sharing are the foundations on which Reverend Angelica builds to inspire us to be the best version of ourselves we can be I hope you will find as much encouragement and inspiration in this collection of some of her finest messages as I have in reading them over the past ten years Brad McPhee Financial Consultant Rev Angelica s Messages are an integral part of my spiritual practice They are always such a great resource personally inspiring me with many ideas to contemplate and down to earth inspiration that I often quote in my own presentations Rev Lorraine Trout Saskatoon SK Canada Rev Angelica writes with a blend of common sense and spiritual wisdom that is a treasure for beginners and advanced readers alike She never fails to enlighten entertain and make me think I look forward to what she has to say and how she chooses to say it Her affirmative prayers are pure poetry Rev Jane Claypool author This insightful guide is like having my own practical mystic at my fingertips Rev Angelica finds and shares extraordinary messages from life s most ordinary events Rev Sandy Shipley Life Coach Wedding Officiant Rev Angelica is phenomenal in her highly practical way of presenting Science of Mind principles Through her teachings I have come to know my hearts desires manifest with as much ease as I allow myself Beky Baxter **Yoga Journal** ,1997-01 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty **The Awakening West** Lynn Marie Lumiere,John Lumiere-Wins,2000-11 **Invisible Leadership** Robert Rabbin,1998 The lexicon of transformation has entered the mainstream of society Ideas and innovative paradigms of transformation and spiritual awakening have found their way into corporate America and into the hearts and minds of visionary leaders everywhere As leaders seek to cure social ills as executives seek to energize and humanize the work place as individuals seek to live out their deepest values new dialogue is taking place Invisible Leadership enters the scene with an invisible form of leadership an expanded consciousness that is the yeast that leavens all other leadership skills abilities and agendas As

leaders we have an opportunity no an obligation to not only awaken our own soul to its true power but also those of our employees and colleagues and to provide a setting to not only achieve our goals but to find true potential and fulfillment Rabbin asserts that the mystical experience of unitive consciousness is the prerequisite for effective leadership **Natural Healing for Depression** James Strohecker,Nancy Shaw Strohecker,1999 Learn to overcome depression using an inclusive holistic approach including mind body approach natural herbal remedies nutritional therapy and more *The Publishers Weekly* ,2003 **Self Matters** Phil McGraw,Phillip C. McGraw,2003-05-06 Addresses the issues of self and self esteem demonstrating how to fully realize one s own power through a plan that explains how to overcome fear and fulfill personal potential **Books In Print 2004-2005** Ed Bowker Staff,Staff Bowker, Ed,2004 Forthcoming Books Rose Army,2000

My Spirit Is Not Religious Tina Sacchi,2013-03-01 A holistic spiritual practitioner shares tips on how to evolve from traditional religious teachings to a spirituality that reflects your true beliefs Millions of people today experience guilt shame anger anxiety depression or similarly disempowering emotions as a result of their indoctrination into organized religion More individuals are leaving the faith they were born into and identifying themselves as spiritual rather than religious My Spirit Is Not Religious A Guide to Living YOUR Authentic Life will help you eliminate emotional obstacles while providing guidelines for living a heartfelt spiritual life via lessons delivered from personal experiences Tina Sacchi s as well as those of her many clients and students The intention is not to dismiss all organized religions but to guide those for whom they no longer work and laying the groundwork for overcoming guilt shame loneliness blame anxiety sadness disappointment and confusion Whether you have a background in religion or not this book will guide you to living YOUR authentic life I highly recommend Tina s book to everyone that breathes and thinks Tina s book opened my eyes and my soul to areas I had thought I had clarity around my faith Wise Women Read *Beloved, a Sacred Reunion* Sarah Ince,2010-03-27 The Twin Love series was originally taught at workshops from 2003 to 2009 During those spiritually magical and beautiful workshop spaces each participant learnt more about the different types of soul level relationship offering a clearer understanding Also each person opened their own heart to deeper levels and thus the attraction of their divine partner began first on the inner planes and then followed on this realm of life **Purposeful Life** Indrajeet Nayak,2023-03-09 Are you feeling lost unfulfilled or without direction in your life Do you yearn for a deeper sense of purpose and meaning Look no further than Purposeful Life How to Find Purpose and Meaning of Your Life by Indrajeet Nayak This book is not just another self help guide It delves into the essence of what it means to live a purpose driven life exploring the concept of our deep divine soul purpose and how to uncover it Nayak offers practical tips and exercises to help you identify and pursue your unique path whether that means a career change a new passion or a spiritual journey Purposeful Life draws on both ancient wisdom and modern science to show you how to tap into your inner guidance and find fulfillment in all areas of your life Nayak s message is clear everyone has a purpose and it s never too late to start living a purposeful life If you re looking for a book that will inspire and motivate

you to find the meaning and purpose of life Purposeful Life is a must read Indrajeet Nayak is a respected author in the field of purpose books and his latest work offers a powerful message of hope and possibility This book will help you build self esteem transform your personal life and find true happiness Don t miss out on this opportunity to discover the purpose of man hope and live a purposeful life Why are you here What purpose does life serve you and how can it be lived to its fullest Best selling author Robert Holden provides answers to these questions so that you can move from searching for your purpose to living it hint it s not all about you How do I discover my life s purpose For 10 years Robert Holden s Shift Happens radio show had this question asked more often than any other It seems everyone searches for their purpose in life yet we all struggle to recognize and live it Holden takes readers on an epic journey of self discovery that includes Joseph Campbell s hero s journey with Joseph Campbell Carl Jung s work on true vocation Victor Frankl s search for meaning St Francis of Assisi pilgrimage Wordsworth and Rilke poetry plus much more This journey has four stages The Call explores the calling inside you to live a more meaningful life The Path helps you recognize what inspires and motivates you encourages you to follow your bliss and do more of what brings you joy The Ordeal confronts the obstacles trials and struggles you must endure to fulfill your highest purpose The Victory urges you to remain true to yourself sing your true song and keep saying yes to life s greatest adventures In Higher Purpose Holden delves into three levels of purpose your individual purpose a shared purpose and the greater good He provides inquiries meditations and journaling exercises to help you live your purpose every day Plus he shares stories from his own life as well as conversations with luminaries such as Maya Angelou Louise Hay Jean Houston Matthew Fox Robert Thurman Caroline Myss Andrew Harvey Wayne Dyer and Oprah Winfrey to name just a few

Stargate 2012 Alignment Sarah Ince,2011-07-26 Stargate 2012 Alignment 44 Levels of Ascension Lightwork pave the light path to ascension into the light for entry to the Golden Age on Earth The earth pole shift is coming up in 2012 and a unique galactic shift will occur opening the Stargate of Ascension for those who are prepared vibrationally *Carnegie Institution of Washington Publication* ,1915

Sacred Hub Living In Your Real Self: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels enthralling the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the fascinating narratives that have enthralled audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Sacred Hub Living In Your Real Self : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and gripping novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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web jul 28 2023 ingredients in jerk spice jerk spice is a versatile spice blend that is made in ground paste or marinade form it is made from combining warm spices commonly used in everyday caribbean cooking with aromatics and sugar to create a

electrifying jamaican jerk brisket recipe barbecuebible com - Oct 26 2022

web 1 packer brisket 12 to 14 pounds 3 cups jerk seasoning homemade or your favorite commercial brand 5 pimento leaves or bay leaves 2 tablespoons allspice berries preferably jamaican buttered toasted brioche rolls or

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web sep 6 2017 this rub will add tons of flavor to beef or pork ribs chops roasts chicken vegetables and meat substitutes

while this is meant to be a spicy rub you can adjust the cayenne to suit your tastes if you re new to jerk seasoning i recommend starting with chicken breasts or thighs 5 from 1 vote

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web i have to admit i make this marinade in batches it is fresh and fragrant at the same time every time grill i seem to acquire new friends jerk is originated in jamaica but most other caribbean islands have their own marinades using the spices and herbs in the quantities preferable to their specific taste

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web dec 19 2021 ingredients 1 medium onion finely chopped 1 2 cup scallions finely chopped 1 hot pepper finely chopped 3 tablespoons soy sauce 1 tablespoon oil 1 tablespoon cider vinegar or white vinegar 2 teaspoons fresh thyme leaves 2 teaspoons granulated sugar 1 teaspoon salt kosher salt or sea salt is

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web step 1 make the jerk seasoning place the chiles scallions garlic ginger cilantro thyme sugar salt allspice cinnamon pepper and salt in food processor and grind to a coarse paste work in the oil rum and soy sauce to obtain a thick but spreadable paste

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web recipe tips place the food in a glass baking dish and spread the jerk seasoning over it turning to ensure an even coating marinate large pieces of meat overnight medium size pieces for 4 to 6 hours and small pieces for 1 to 2 hours covered in the refrigerator barbecue or indirect grill the meat using moderate heat and plenty of wood smoke

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web apr 5 2015 jamaican jerk caribbean barbecue rubs marinades for the oven and grill kindle edition jamaican jerk caribbean barbecue rubs marinades for the oven and grill kindle edition jamaican jerk s distinctively spicy sweet and woodsy flavor is what makes it a highly praised dish around the world no need to travel to jamaica to

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the great taste of jamaican jerk marinades reggaespice - Sep 24 2022

web sep 26 2022 the great taste of jamaican jerk marinades sep 26 2022 jerk is a style of cooking native to jamaica in which meats are dry rubbed or marinated with a spicy jerk seasoning the word jerk is thought to come from the spanish word charqui meaning dried meat or the quechua word charki meaning burning coal

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web mar 20 2017 using your homemade jamaican jerk marinade our jamaican jerk marinade recipe makes about 3 4 cup of marinade which is enough to marinate a whole chicken do you meat a favor and marinate it for at least 4 hours before cooking if you can let it marinate overnight for best flavor

[a classic jamaican jerk marinade caribbeanpot com](#) - Oct 06 2023

web jan 14 2011 1 3 cup soy sauce 2 tablespoon vegetable oil 1 4 cup vinegar 1 onion 1 2 cup orange juice 2 cloves garlic 1 teaspoon grated ginger notes if you re using dried thyme use about 1 2 table spoon this makes about 3 cups of marinade and it can be stored in the fridge for about 1 month

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web in the process it s lost a lot of its fire spice and salt here s how they make it in the birthplace of jerk a town called boston beach on the north coast of jamaica count yourself lucky to have a blender in boston beach they grind the seasonings in a hand cranked spice mill

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web oct 16 2020 instructions mix all ingredients in a blender until you have a smooth texture cover the meat thoroughly and refrigerate for at least 12 hours no more than 4 for fish save the leftover over marinade for basting the meat while finishing off with a char

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web simply rub a small amount 1oz jerk seasoning 2 2lbs 1kg into your meat or fish for best results marinate overnight to absorb the spicy flavor and then cook until done on your barbeque or in your oven we are so proud that walkerswood jerk seasoning has been included in the list of 2015 men s health 125 best from walkerswood com

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web mar 8 2016 by steven raichlen 1 as spring slowly approaches imagine yourself in sunny jamaica where spicy jerk is the star of the barbecue scene we re continuing with our series of grilling destinations around the world see what argentina and singapore have to offer as featured in my book planet barbecue

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web for the brine 2 cups water 4 tablespoons coarse salt kosher or sea 4 tablespoons granulated sugar 6 garlic cloves peeled and halved lengthwise 1 small orange quartered 1 lemon quartered 1 small onion peeled and quartered 2

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web the most well known flavor in caribbean food is the legendary jerk seasoning a delicious marinade or rub for meat and fish whose distinctive flavor comes from spices such as allspice and thyme pirate jonny s incorporates these traditional caribbean spices and herbs and more to make any meal easy and flavorful

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