

# Love and Awakening



Discovering  
the Sacred Path  
of Intimate  
Relationship

John Welwood

Bestselling author of *Journey of the Heart*

# Love And Awakening Discovering The Sacred Path Of Intimate Relationship

**John Welwood**



## **Love And Awakening Discovering The Sacred Path Of Intimate Relationship:**

**Love and Awakening** John Welwood, 1996 Combining practical advice like that of Harville Hendrix with spiritual teaching like those of Thomas Merton the bestselling author of Journey of the Heart Challenge of the Heart and Awakening the Heart creates an extraordinary book about the sacred power of intimate relationships **Erotic Mentoring** Janice Hocker Rushing, 2016-06-16 They're everywhere in the academy young bright women mentored by older scholars usually men who attempt to mold them into their own masculine ideals Janice Hocker Rushing's study of over 200 women and their life transformations is the subject of this eloquent book Using the tropes of mythology and Jungian psychology the author characterizes the many paths these women's academic lives take as Muse for a faltering older scholar as Mistress or wife as the dutiful academic daughter Their resistance to this power differential also takes many forms as a Veiled Woman silent in public but active in private or the Siren using her sexuality to beat the system Ultimately Rushing arrives at the myth of Eros and Psyche where women's self understanding and personal development turns her erotic mentoring into an autonomous whole and free life unfettered by any man These women's stories and Rushing's literary and literate framing of their lives will ring true to many in the university **Perfect Love, Imperfect Relationships** John Welwood, 2007-03-27 A nationally known couples therapist reveals the single root cause of all relationship problems and offers revolutionary advice on what to do about it While most of us have moments of loving freely and openly it is often hard to sustain this where it matters most in our intimate relationships If love is so great and powerful why are human relationships so challenging and difficult If love is the source of happiness and joy why is it so hard to open to it fully and let it govern our lives In this book John Welwood addresses these questions and shows us how to overcome the most fundamental obstacle that keeps us from experiencing love's full flowering in our lives Perfect Love Imperfect Relationships begins by showing how all our relational problems arise out of a universal wound of the heart that affects not only our personal relationships but the quality of life in our world as a whole This core wound shows up as a pervasive mood of unlove a deep sense that we are not intrinsically lovable just as we are It shuts down our capacity to trust so that even though we may hunger for love we have difficulty opening to it and letting it circulate freely through us This book takes the reader on a powerful journey of healing and transformation that involves learning to embrace these imperfections within ourselves and within our relationships as trail markers along the path to great love It sets forth a process for releasing deep seated grievances we hold against others for not loving us better and against ourselves for not being better loved And it shows how our longing to be loved can magnetize the great love that will free us from looking to others to find ourselves Written with penetrating realism and a fresh lyrical style that honors the subtlety and richness of our relationship to love itself this revolutionary book offers profound and practical guidance for healing our lives as well as our embattled world **The journey of love in couples** Jessica Riberi, Inge Ludvigsen, 2021-01-20 A couple's relationship is not just about two people Numerous unconscious psychological scripts from the collective sphere

and mandates inherited from family history affect our way of living love one of the most significant human experiences The psychotherapists and Master Trainer in NLP Jessica Riberi and Inge Ludvigsen combine their professional and teaching experience in Chile and Denmark and propose a system to align six energy fields that promote and strengthen the love bond Jessica Riberi and Inge Ludvigsen have written a delightful and very helpful guide to how archetypal forms that is the patterns of the universal energies of human being can support and transform intimate relationships They are especially good in describing how to develop more mature and generative levels of each universal energy I highly recommend it to both people helpers as well as those seeking deeper intimacy connections Stephen Gilligan psychologist author of The Courage to Love and The Hero's Journey with Robert Dilts What could be more important and timely than having pathways to bring more quality into our relationships We are relational beings seeking the connections for outcomes of life partners families work spaces and communities Connection is there but managing these connections is quite a different order This is where archetypes guide us by reflecting back an ideal Not that we ever really get to the ideal but they remind us to bring awareness to the learning and the nurturing of the relationships that bring the joy to our lives Thank you so much for this book The Journey of love in couples as it also can bring us some hope for our inner and outer peace Judith DeLozier anthropologist coauthor of Turtle all the way down with John Grinder and Encyclopedia of Systemic NLP with Robert Dilts Love and Freedom Jorge N. Ferrer, 2021-06-24 In Love and Freedom Jorge Ferrer proposes a paradigm shift in how romantic relationships are conceptualized a step forward in the evolution of modern relationships In the same way that the transgender movement surmounted the gender binary Ferrer defines how a parallel step can and should be taken with the relational style binary This book offers the first systematic discussion of relationship modes beyond monogamy and polyamory as well as introduces the notion of relational freedom as the capability to choose one's relational style free from biological psychological and sociocultural conditionings To achieve these goals Ferrer first discusses a number of critical categories specifically monoprivilege polyphobia and polypride monophobia that mediate the contemporary mono poly wars that is the predicament of mutual competition among monogamists and polyamorists The ideological nature of these mono poly wars is demonstrated through a review of available empirical literature on the psychological health and relationship quality of monogamous and polyamorous individuals and couples Then after showing how monogamy and polyamory ultimately reinforce each other Ferrer articulates three relational pathways to living in between through and beyond the mono poly binary fluidity hybridity and transcendence Moving beyond that binary opens a fuzzy liminal and multivocal relational space that Ferrer calls novogamy In this groundbreaking book readers will learn practical tools to not only transform jealousy but also enhance their relational freedom while being aware of key issues of diversity and social justice They will also learn novel criteria to evaluate the success of their intimate relationships and be introduced to a transformed vision of romantic love beyond both monocentrism and emerging polynormativities **Introduction to Internal Family Systems** Richard

Schwartz, Ph.D.,2023-03-07 A highly accessible introduction to a therapeutic approach that brings our inner parts into harmony and allows our core Self to lead We re all familiar with self talk self doubt self judgment yet most of us still view ourselves as if we have one uniform mind Dr Richard Schwartz s breakthrough was recognizing that we each contain an internal family of distinct parts and that treating these parts with curiosity respect and empathy vastly expands our capacity to heal Over the past two decades Internal Family Systems IFS has transformed the practice of psychotherapy With Introduction to Internal Family Systems the creator of IFS presents the ideal layperson s guide for understanding this empowering effective and non pathologizing approach to self discovery and healing Here Dr Schwartz shares evidence case studies and self care tools to help you Shift from the limiting mono mind paradigm into an appreciation of your marvelous multidimensional nature Unburden your wounded parts from extreme beliefs emotions and addictions Demystify the most commonly misunderstood parts the Exiles Managers and Firefighters Transform your most challenging parts from inner obstacles to invaluable allies Embrace the existence of innate human goodness in yourself and others Connect with the true Self that is greater than the sum of your parts The most wonderful discovery I have made is that as you do this work you release or liberate what I call your Self or your True Self the calm compassionate essence of who you are says Dr Schwartz When the Self becomes the leading intelligence in our lives we create more harmony both within ourselves and in our external lives For therapists their clients and anyone interested in understanding and healing themselves here is an essential guide to a revolutionary approach to self realization mental wellness and transformation     **Positive Psychology** William C. Compton,Edward Hoffman,2019-01-29 Topically organized Positive Psychology The Science of Happiness and Flourishing presents a highly engaging up to date introduction to positive psychology Authors William C Compton and Edward Hoffman invite students to apply practices to their own lives contexts and experiences to ensure understanding The text examines how positive psychology applies to stressors and health within such traditional research areas as developmental clinical personality motivational social and behavioral psychology Furthermore the text offers perspectives on positive emotional states research and theory on positive traits coverage of positive institutions and a look at the future of positive psychology The Third Edition reflects significant growth in field with hundreds of new references and expanded content on topics including mindfulness money and subjective well being and romantic love     **Handbook of Adult Development and Learning** Carol Hoare,2006 Adult development and learning have always existed as two separate fields of study with development falling under psychology and learning under education Recent advances in theory research and practice however have made it clear that an important reciprocal relationship exists between them advances in development frequently lead to learning and conversely learning quite often fuels development The synchronicity between development and learning is responsible for positive changes in many capacities including insight intelligence reflective and meta cognition personality expression interpersonal competence and self efficacy This synchronicity is also leading to the growth

of a new discipline at the borders of adult development and learning The Handbook of Adult Development and Learning is the first to bring together the leading scholars from both adult development and learning to explore what will form the foundation for this new discipline the latest research at the intersection of these fields It examines six major aspects of their intersection foundations key areas of integration the self system higher reaches of development and learning essential contexts and specific applications An introductory chapter explains why it is so important to recognize and fuel the growth of this new discipline Subsequent chapters review the latest theoretical and empirical literature and provide a rich itinerary for future research This handbook is a must read for all who promote optimal aging It will be an invaluable reference for scholars in development and education as well as rich resource for policy makers and practitioners such as corporate executives and human resource personnel

The Tao of Potter Brian Donohue, 2011-09-23 The stories have been told now it is time to learn their lessons Life lessons and psychological insight drawn from the Harry Potter books

*The Oxford Handbook of Hypo-egoic Phenomena* Kirk Warren Brown, Mark R. Leary, 2017 Egoicism a mindset that places primary focus upon oneself is rampant in contemporary Western cultures as commercial advertisements popular books song lyrics and mobile apps consistently promote self interest Consequently researchers have begun to address the psychological interpersonal and broader societal costs of excessive egoicism and to investigate alternatives to a me and mine first mindset For centuries scholars spiritual leaders and social activists have advocated a hypo egoic way of being that is characterized by less self concern in favor of a more inclusive we first mode of functioning In recent years investigations of hypo egoic functioning have been examined by psychologists cognitive scientists neuroscientists and philosophers Edited by Kirk Warren Brown and Mark R Leary The Oxford Handbook of Hypo egoic Phenomena brings together an expert group of contributors to examine these groundbreaking lines of inquiry distilling current knowledge about hypo egoicism into an exceptional resource In this volume readers will find theoretical perspectives from philosophy and several major branches of psychology to inform our understanding of the nature of hypo egoicism and its expressions in various domains of life Further readers will encounter psychological research discoveries about particular phenomena in which hypo egoicism is a prominent feature demonstrating its implications for well being regulation of emotion adaptive decision making positive social relations and other markers of human happiness well being and health This Handbook offers the most comprehensive and thoughtful analyses of hypo egoicism to date

A Relationship Is a Living Thing Russell Crescimanno, 2009-04 Many marital relationships that dissolve could survive and even thrive if the couple realized that there is an art and science to love and intimacy and were willing to learn and practice it This involves learning how to experience the difference between our ego and our Self Quieting the mind through meditation using methods both traditional and home made is the key to this experience It is the felt sense of the deep Self within that moves us to choose to be kind or considerate when our egos would have us behave otherwise When we extend ourselves in friendship a genuine fondness for one another begins to grow which

then nurtures the soul of our relationship Cultivating these qualities promotes deep spiritual partnership and long term intimacy This book offers both principles and practices for those who feel they may be ready to engage this kind of soul centered learning Russell Crescimanno Ph D is Professor Emeritus at Piedmont Virginia Community College He has been teaching courses in sociology for forty years One in particular called Marriage and Family Relations became his passion as both his personal life and the climate of the culture regarding marriage and divorce changed over time He has also been a student and practitioner of the science of meditation and Self realization for twenty years This work has complemented his specialization in the sociology of knowledge and his desire to understand how society shapes human consciousness and therefore our relationships Motivated by the growing divorce rate in the country the painful stories of so many students who come from broken homes and the dissolution of his first two marriages he has been increasingly invested in learning what it takes to keep love alive and what we now know is sure to deaden it

### **Research in the Social Scientific Study of**

**Religion** Ralph L. Piedmont, 2005-11-01 Various articles are presented covering psychological sociological and cross cultural topics or relevance to religious spiritual researchers and academics

### **ENDLESS LOVE, ROMANCE , AND INTIMACY**

Bukenya Siraje, As a society we are embarrassed by love We treat it as if it were an obscenity We reluctantly admit to it Even saying the word makes us stumble and blush Love is the most important thing in our lives a passion for which we would fight or die and yet we re reluctant to linger over its names Without a supple vocabulary we can t even talk or think about it directly As the title ENDLESS LOVE ROMANCE AND intimacy indicates we want to live in a culture where love can flourish We yearn to end the lovelessness that is so pervasive in our society This book tells us how to return to love ENDLESS LOVE ROMANCE AND intimacy provides radical new ways to think about the art of loving offering a hopeful joyous vision of love s transformative power it lets us know what we must do to love again Gathering love s wisdom it lets us know what we must do to be touched by love s grace THERE ARE NOT many public discussions of love in our culture right now At best popular culture is the one domain in which our longing for love is talked about Movies music magazines and books are the place where we turn to hear our yearnings for love expressed Yet the talk is not the life affirming discourse of the sixties and seventies which urged us to believe All you need is love Nowadays the most popular messages are those that declare the meaningless of love its irrelevance A glaring ex ample of this cultural shift was the tremendous popularity of Tina Turner s song with the title boldly declaring What s Love Got to Do with it I was saddened and appalled when I interviewed a well known female rapper at least twenty years my junior who when asked about love responded with biting sarcasm Love what s that have never had any love in my life Youth culture today is cynical about love And that cynicism has come from their pervasive feeling that love can not be found Expressing this concern in When All You ve ever Wanted isn t Enough Harold Kushner writes lam afraid that we may be raising a generation of young people who will grow up afraid to love afraid to give them selves completely to another person because they will have seen how much it hurts to take the risk of loving and have it

not work out am afraid that they will grow up looking for intimacy without risk for pleasure without significant emotional investment They will be so fearful of the pain of disappointment that they will forgo the possibilities of love and joy Young people are cynical about love Ultimately cynicism is the great mask of the disappointed and betrayed heart When I travel around the nation giving lectures about ending racism and sexism audiences especially young listeners become agitated when I speak about the place of love in any movement for social justice

**Soulsalsa** Leonard Sweet,2009-09-13 Getting a Christian worldview is all the rage these days But how about a Christian worldlife Got one of those Leonard Sweet wants to show you the ins and outs of living an old fashioned faith in these newfangled times In his engaging symphonic thought bytes style Sweet invites you to Mezuzah your inverse Do dirt and do the dishes Cycle to church Give history a shove Cheer rivals from the bench Dance the salsa SoulSalsa unpacks biblical faith in ways that can change how you live in the real world You can be a man or woman who walks the ancient path of a disciple in the world of the future Because the NEW future is NOW and now is the time to practice the 17 Lifestyle Requirements for Membership in the Postmodern Body of Christ It s no longer enough to say Say Amen Somebody It s time to Dance the Salsa Everybody in a culture that desperately needs to see your moves

**Love's Revolution** Maria P. P. Root,2001 When the Baby Boom generation was in college the last miscegenation laws were declared unconstitutional but interracial romances retained an aura of taboo Since 1960 the number of mixed race marriages has doubled every decade Today the trend toward intermarriage continues and the growing presence of interracial couples in the media on college campuses in the shopping malls and other public places draws little notice Love s Revolution traces the social changes that account for the growth of intermarriage as well as the lingering prejudices and false beliefs that oppress racially mixed families For this book author Maria P P Root a clinical psychologist interviewed some 200 people from a wide spectrum of racial and ethnic backgrounds Speaking out about their views and experiences these partners family members and children of mixed race marriages confirm that the barriers are gradually eroding but they also testify to the heartache caused by family opposition and disapproving strangers Root traces race prejudice to the various institutions that were structured to maintain white privilege but the heart of the book is her analysis of what happens when people of different races decide to marry Developing an analogy between families and types of businesses she shows how both positive and negative reactions to such marriages are largely a matter of shared concepts of family rather than individual feelings about race She probes into the identity issues that multiracial children confront and draws on her clinical experience to offer child rearing recommendations for multiracial families Root s Bill of Rights for Racially Mixed People is a document that at once empowers multiracial people and educates those who ominously ask What about the children Love s Revolution paints an optimistic but not idealized picture of contemporary relationships The Ten Truths about Interracial Marriage that close the book acknowledge that mixed race couples experience the same stresses as everyone else in addition to those arising from other people s prejudice or curiosity Their divorce rates are only slightly

higher than those of single race couples which suggests that their success or failure at marriage is not necessarily a racial issue And that is a revolutionary idea Author note Maria P P Root Ph D is a clinical psychologist and past President of the Washington State Psychological Association     The Rosen Method Marilyn J. Davis,2002-10 Presence is essential to existence With a focus on both universal and human themes Marilyn studies the meaning and importance of presence in the Rosen Method bodywork practice She explores how the body armors itself due to emotional experiences that have never found expression Through sensitive touch to the body keen observation of the breath and verbal exchange the client realizes relaxation of tight muscles and a deeper contact with the inner self Through presence the practitioner and client together create a relationship which recognizes the intrinsic worth of each and through which personal change can effect universal change As a Franciscan Sister of Mary Marilyn identifies the Rosen Method as a viable ministry because of the congruence of each system s expression of presence in daily practice     **Love Matters** Ellen Cole,Esther D Rothblum,Linda

Sutton,2016-04-29 Love Matters A Book of Lesbian Romance and Relationships is a collection of advice columns and personal reflections that will help lesbian couples validate and appreciate their unique relationships With excerpts taken from the author s Love Matters column in the lesbian newspaper New Phazes this book explores real life questions and issues that lesbians have about dating sex love and relationship longevity From Love Matters you ll receive honest informative advice that can help you and your partner share a more open and fulfilling relationship Offering support care and understanding for lesbian couples Love Matters seeks to recognize the new female role for lesbian women Using her 15 year long relationship as a basis for many of the responses the author provides you with suggestions and insight into topics relating to lesbian relationships such as keeping sex alive in a long term relationship handling finances fairly and successfully supporting your partner through the physical emotional and spiritual changes caused by menopause identifying the difficulties of dating and what lesbians look for on a date questioning the purpose of and emotions caused by a long distance relationship realizing how homophobia affects love and relationships While focusing on the joys and experiences of couples this book also addresses depression and loneliness felt by single lesbians break ups and the death of a partner You ll find that Love Matters offers comfort hope and humor that will help you understand the difficulties and rewards of your lesbian relationship

**UnEldered** Françoise Elvin,2024-07-01 Meticulously researched and rich in personal experience shared as memoir UnEldered offers insight inspiration and maps of meaning for a post truth era Looking through the lens of traditional culture where Elders were wisdom keepers and mentors to the young we ask what happens we abandon Youth to their own devices Difficult to pigeon hole yet cogent and lucid throughout the book marries the personal and political in a confluence of subject matter including anthropology psychology sociology geopolitics memoir and suggestions for community practice and self care It s founded on the notion that we need to restructure society from the ground up and calls upon the role of the Elder as one that was and remains pivotal to fully functional societies We also succeed in pulling back the curtain on the Covid years

linking censorship corporate capture and engineered consent with the emerging Global Government know as Agenda 2030 that some might prefer to describe as a Neo Feudal Technocracy If you ve been wondering where to look for the low down on contemporary culture in a detailed yet digestible form look no further the book weaves together complex subjects without resorting to memes From attachment theory and neuroscience to the precision nudge from sexuality to geo politics you ll find yourself empowered to navigate dangerous difficult times with a depth of insight rarely found in a single volume     *The Tao of Contemplation* Jasmin Lee Cori,2000-01-01 Cori presents a new look at the concept of relaxation and handling stress as she provides exercises that teach how to drop into silence let go of control live in the present and allow actions to come from a deeper source     *The Joy of Burnout* Dina Glouberman,2007

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