

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 *Peace, Love of Mind*

Sacred Hub Living In Your Real Self

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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 translucents 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 *The Awakening West* Lynn Marie Lumiere,John Lumiere-Wins,2000-11 **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 **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 Rabbini 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

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

The Saturday Evening Post, 1918

Lived Religion in America David D. Hall, 2020-09-01 At once historically and theoretically informed these essays invite the reader to think of religion dynamically reconsidering American religious history in terms of practices that are linked to specific social contexts The point of departure is the concept of lived religion Discussing such topics as gift exchange cremation hymn singing and women's spirituality a group of leading sociologists and historians of religion explore

the many facets of how people carry out their religious beliefs on a daily basis As David Hall notes in his introduction a history of practices encompasses the tensions the ongoing struggle of definition that are constituted within every religious tradition and that are always present in how people choose to act Practice thus suggests that any synthesis is provisional The volume opens with two essays by Robert Orsi and Dani le Hervieu L ger that offer an overview of the rapidly growing study of lived religion with Hervieu L ger using the Catholic charismatic renewal movement in France as a window through which to explore the coexistence of regulation and spontaneity within religious practice Anne S Brown and David D Hall examine family strategies and church membership in early New England Leigh Eric Schmidt looks at the complex meanings of gift giving in America Stephen Prothero writes about the cremation movement in the late nineteenth century In an essay on the narrative structure of Mrs Cowman s Streams in the Desert Cheryl Forbes considers the devotional lives of everyday women Michael McNally uses the practice of hymn singing among the Ojibwa to reexamine the categories of native and Christian religion In essays centering on domestic life Rebecca Kneale Gould investigates modern homesteading as lived religion while R Marie Griffith treats home oriented spirituality in the Women s Aglow Fellowship In Golden Rule Christianity Nancy Ammerman talks about lived religion in the American mainstream

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