

The Sacred Journey A Memoir Of Early Days

The Sacred JourneyThe Sacred Fire of the PhoenixDeep Water PassageSpiritual AutobiographyThe Sacred JourneySacred JourneysA Journey to OnenessTelling SecretsThe NomineeMy Journey Through TimeMy Spiritual JourneyThe AdventureGetting HonestTracing the MoonSacred HousekeepingSoulshapingHow's Your Faith?Plant Trees, Carry SheepSeven Days in UtopiaSilicone InjurySpiritual MisfitMoreIn Search of the SacredRecovering a Sense of the SacredThe Journey HomeThe Sacred JourneyInto the Heart of YogaWriting The Sacred JourneyBreathing SpaceWriting The Sacred JourneyOrdinary GirlWhy I Still Carry a GuitarSurprised by OxfordShineFaith, InterruptedSwinging on the Garden GateMy Sisters the SaintsSacred ShelterA Radical Change of DirectionA Passion for God

The Sacred Journey

"Danna Faulds set out on a transformative journey three decades ago, not realizing that it would lead her straight into the heart of yoga and an extraordinary relationship with the man who would become her husband. It led her to Kripalu Center in its ashram heyday, where she became a disciple of Yogi Amrit Desai and began a daily writing practice. It guided her back into the world where she witnessed from afar the downfall of the guru and the disintegration of his residential community. It broadened and deepened to include self-inquiry, poetry, non-dual experience, and the capacity to stay present with difficult mind states like depression and doubt." --P. [4] of cover.

The Sacred Fire of the Phoenix

President George W. Bush nominated Leslie H. Southwick in 2007 to the federal appeals court, Fifth Circuit, based in New Orleans. Initially, Southwick seemed a consensus nominee. Just days before his hearing, though, a progressive advocacy group distributed the results of research it had conducted on opinions of the state court on which he had served for twelve years. Two opinions Southwick had signed off on but not written became the center of the debate over the next five months. One dealt with a racial slur by a state worker, the other with a child custody battle between a father and a bisexual mother. Apparent bipartisan agreement for a quick confirmation turned into a long set of battles in the Judiciary Committee, on the floor of the Senate, and in the media. In early August, Senator Dianne Feinstein completely surprised her committee colleagues by supporting Southwick. Hers was the one Democratic vote needed to move the nomination to the full Senate. Then in late October, by a two-vote margin, he received the votes needed to end a filibuster. Confirmation followed. Southwick recounts the four years he spent at the Department of Justice, the twelve years on a state court, and his military service in Iraq while deployed with a Mississippi National Guard Brigade. During the nomination inferno Southwick maintained a diary of the many events, the conversations and emails, the joys and despairs, and quite often, the prayers and sense of peace his faith gave him--his memoir bears significant spiritual content. Throughout the struggle, Southwick learned that perspective and growth are important to all of us when making decisions, and he grew to accept his critics, regardless of outcome. In The Nominee there is no rancor, and instead the book expresses the

understanding that the difficult road to success was the most helpful one for him, both as a man and as a judge.

Deep Water Passage

Explores how the lives of six women saints helped the author's own spiritual journey and includes discussions of Teresa of Avila, Faustina of Poland, and Mary of Nazareth, showing how their stories can serve as examples for Christian women.

Spiritual Autobiography

Sarah's life isn't a mess; it's just-boring. No career. No romantic prospects. No sign that God even cares. She leaves home in Montana for Scotland to volunteer at a spiritual retreat, a diminutive and humbler version of Downton Abbey, except everyone is a servant. Sarah soon discovers that not only is she expected to plant 6,000 trees, but also manage flocks of poultry, a band of truant sheep, and a one-acre vegetable garden, AND help with housekeeping and cooking to support the communal residents. She tries to give the Beloved a second chance at Braemar, but God is starting to get on her nerves. How can overwhelming chores, odd spiritual teachings and rituals, and a troubled romantic entanglement with her "boss" help fix her soul?

The Sacred Journey

Writing the Sacred Journey shows readers how to write about spirituality and the interior life with heart and flair. It helps readers get motivated, generate materials, move swiftly through drafts, and gain confidence and ease in their writing. Writing the Sacred Journey helps readers to uncover and honor the sacred within their own life stories. Elizabeth Andrew, an experienced writing instructor and spiritual director, gently guides readers through the spiritual writing process from concept to finished manuscript. She identifies some of the initial hurdles writers face in describing the interior, spiritual life and offers practical tips about how to overcome them. Writing the Sacred Journey also explores themes that commonly appear in spiritual memoir, as well as the all-important issue of writing as craft. Readers will learn new and practical skills for every stage of the writing process. Sprinkled throughout the book, these thoughtful activities teach readers new writing techniques and avenues into the creative process.

Sacred Journeys

For the young Volina, there are worlds she reads about in the magazines her mother brings home - beyond her own world filled with domestic violence, frightening racism, and poverty. Volina will escape from Mississippi. But will she escape from her past, from who she really is? "Getting Honest" is the compelling, poignant memoir of Volina Cross, a woman who began life as one of sixteen children born to parents in the destitution of rural Mississippi. Some fifty years after leaving Mississippi, for what she assumed would be for good, Volina, an ordained

Presbyterian minister, returns. It is only then that she realizes that in all those years, she has been on a spiritual journey leading her inevitably back to from where she came. She has come full circle and it is, she knows, no accident. Something has been moving her through her entire life, guiding her all along. The destination creates in her a profound need to reexamine her life, to consider her journey, and to discover what is required of her: a brutal kind of honesty. Like many of us, Volina has to come to terms with her past, she has to come to terms with herself.

A Journey to Oneness

The internationally celebrated folk singer and philanthropist chronicles his profound personal and spiritual odyssey and reveals why he has taken up his guitar once again. In 1970, Cat Stevens rocketed to fame with his Top 10 Billboard album, Tea for the Tillerman. Less than a decade later, this beloved artist had converted to Islam, changed his name, auctioned off his guitars, and embraced a life of spirituality and charity. Now, more than thirty years later, the famously reclusive singer and songwriter has taken center stage again to share the gripping and often moving story of his personal journey and deliver a powerful message of peace. Dispelling the myths that have long surrounded his actions, Yusuf Islam recalls his transformation from a boy experiencing the dizzying heights of superstardom to a man defined by his Muslim faith who chose to give up his musical career. He speaks poignantly about Islam and what it means in the world today, and shares the hopes that have propelled his return to music. Wise and illuminating, as compelling and thoughtful as his finest songs, *Why I Still Carry a Guitar* is an inspiring story of an extraordinary leader who transcends the East-West divide; a man brave enough to take a leap of faith—and the difference it has made to his life and the world.

Telling Secrets

A woman's coming-of-age journey through the rugged landscape of Wales to the reflective quiet of a retreat center. Along the way she questions and explores the depth of her Methodist faith as she comes to terms with her bisexual identity.

The Nominee

To some, the Song of Songs is a simple love story of a man and a maiden. But for those with enlightened hearts, it becomes the key that unlocks the treasure chest of God's divine love. No other portion of Scripture has such power to reveal the journey of those longing to know Jesus like the Song of Songs, Solomon's great prophetic epic that Jesus himself sings over you. The Holy Spirit has hidden within the Song of Songs an amazing journey. Unlock this mystery as you read *The Sacred Journey*, a verse-by-verse commentary on the Song of Songs that will lead every hungry soul to discover God's fiery heart of love.

My Journey Through Time

In this memoir of courageous survival and endurance, author Hermitra Elan*tra Vedenra recounts her harrowing journey through Chronic Fatigue Syndrome, Fibromyalgia, Connective Tissue Disease, Multiple Chemical Sensitivity and Electromagnetic Hypersensitivity, as a consequence of chemical poisoning from her silicone breast implants. For her, breasts implants were supposed to be the solution to a problem. Instead a much bigger problem ensued, and she was sent careening down a precipice she never could have foreseen. Her body was destroyed by silicone and so was her life. Her task then became one of survival. Her story begins in a small town in Italy, unfolds in New Jersey, New York City and Dallas, Texas and ends in the high mountain desert of Arizona, where she had to escape to save her life.

My Spiritual Journey

There's a sacred and hidden path inside each one of us, a path of mysteries and amazing manifestations, where nothing is impossible, not even our wildest spiritual creations. This is the realm of impossibilities, where imagination is carried away by a spiritual insight, which is here referred as the phoenix. The allegory inside this book takes us to a subconscious realm, that can lead us to the most uplifting and unknown side of ourselves, but also to other realities as well, namely, the ones that are parallel to ours, and also other dimensions and galaxies. It is with this allegory of the phoenix that we understand the role of the dragons and serpents of our planet, and how they interfere in the Tao of our existence. As a dance of forces, vibrations of different natures, these symbols and concepts take us to the deepest truth within, of who we are and how far can we go. This is a book about the adventures of our soul, the journey within that so many Shamans live to explore. It's also about a path that all spiritualists and gurus have experienced, a path that some have called nirvana, enlightenment or awaking, but few have ever had the ability to fully describe in a way that can be perceived by the common mortal. The Native Americans have often told us about the spirit of the eagle that keeps guard over the spiritual world. This eagle, or big bird, is representative of another living force, which is the phoenix, the bird of fire. This is why many mystics of ancient times believed that only fire could take souls to another world. The fire purifies the body, but the most potent fire comes from within, as an energy that we burn with our conscious awareness. This is the fire that Buddhists, Taoists and Hindus persist in awakening from within, commonly using disciplines created specifically for this purpose, such as yoga, chikung and meditation. This fire represents the power of our own spirituality, which most people are unaware to possess. As mortals and genetically manipulated slaves of a few alien species, we've lost the physical capability to ignite it. But the phoenix can help us reach it, through the spiritual nature that is within each one of us. The one who can ride the phoenix, can travel very far, to amazing lands. And these are the ones that often come back, when they choose to, as our prophets and religious leaders. This book describes their journey to Valhalla, Heaven, Paradise, or more simply, the Laboratory of God.

The Adventure

This SPIRITUAL FORMATION STUDY GUIDE explores and explains how writing a spiritual autobiography can deepen our walk with God and our community with other believers.

Getting Honest

“When Yahweh became a man, he was a homeless vagrant. He walked through Palestine proclaiming that a mysterious kingdom had arrived. He called people to follow him, and that meant walking.” — Charles Foster Humans are built to wander. History is crisscrossed by their tracks. Sometimes there are obvious reasons for it: to get better food for themselves or their animals; to escape weather, wars, or plague. But sometimes they go—at great expense and risk—in the name of God, seeking a place that feels sacred, that speaks to the heart. God himself seems to have a bias toward the nomad. The road is a favored place — a place of epiphany. That’s all very well if you are fit and free. But what if you are paralyzed by responsibility or disease? What if the only journey you can make is to the office, the school, or the bathroom? Best-selling English author and adventurer Charles Foster has wandered quite a bit, and he knows what can be found (and lost) on a sacred journey. He knows that pilgrimage involves doing something with whatever faith you have. And faith, like muscle, likes being worked. Exploring the history of pilgrimage across cultures and religions, Foster uses tales of his own travels to examine the idea of approaching each day as a pilgrimage, and he offers encouragement to anyone who wants to experience a sacred journey. The result is an intoxicating, highly readable blend of robust theology and lyrical anecdote — an essential guidebook for every traveler in search of the truth about God, himself, and the world. When Jesus said “Follow me,” he meant us to hit the road with him. The Sacred Journey will show you how. The Ancient Practices There is a hunger in every human heart for connection, primitive and raw, to God. To satisfy it, many are beginning to explore traditional spiritual disciplines used for centuries . . . everything from fixed-hour prayer to fasting to sincere observance of the Sabbath. Compelling and readable, the Ancient Practices series is for every spiritual sojourner, for every Christian seeker who wants more.

Tracing the Moon

"AN EXTRAORDINARY VOYAGE THROUGH THE LABYRINTHS OF CONSCIOUSNESS! In A Journey to Oneness--the long-awaited sequel to the spiritual classic, Oneness--Rasha takes us on a fascinating seven year odyssey, as she shares the incredible story of her own spiritual journey. With the profound wisdom of Oneness (the Divine Presence many refer to as "God") to light the way, this vivid literary tapestry gives us a candid glimpse into the depths of the awakening process and takes us for an authentic ride on the roller coaster of spiritual transformation. The loving words of Oneness, woven throughout, convey a deep sense of the sacred. And the simple act of reading becomes a life changing Divine encounter that each reader shares on an intimate, personal level. Rich with Divine insight, A Journey to Oneness gives us a vibrant new vision of the nature of humanness and an in-depth guide to discovering the Divinity within. Here, in one woman's unforgettable spiritual adventure, is the key to the actual experience of Oneness--the God within us all

Sacred Housekeeping

The popular singer-songwriter describes her journey from Boston choir girl to her rise to pop stardom at the center of the 1970s disco era, revealing the decadent lifestyle and turbulent spiritual odyssey that followed.

Soulshaping

The first woman to circumnavigate Lake Superior by kayak retraces her sixty-five day journey through raging storms and freezing cold into the light of spiritual fulfillment

How's Your Faith?

Writing the Sacred Journey shows readers how to write about spirituality and the interior life with heart and flair. It helps readers get motivated, generate materials, move swiftly through drafts, and gain confidence and ease in their writing. Writing the Sacred Journey helps readers to uncover and honor the sacred within their own life stories. Elizabeth Andrew, an experienced writing instructor and spiritual director, gently guides readers through the spiritual writing process from concept to finished manuscript. She identifies some of the initial hurdles writers face in describing the interior, spiritual life and offers practical tips about how to overcome them. Writing the Sacred Journey also explores themes that commonly appear in spiritual memoir, as well as the all-important issue of writing as craft. Readers will learn new and practical skills for every stage of the writing process. Sprinkled throughout the book, these thoughtful activities teach readers new writing techniques and avenues into the creative process.

Plant Trees, Carry Sheep

An honest autobiography of a courageous woman and social worker, who took an interest in the unpopular cause of helping incarcerated Jewish men re-enter society and made it her life's passion. From that passion was born Beit T'Shuvah, a once tiny halfway house that has grown exponentially into a renowned treatment organization. Her voyage is remarkable and an inspiration to all people. This is the personal story of the obstacles she surmounted and the successes she encountered. This book also tells the unconventional love story of Harriet Rossetto and her husband, Rabbi Mark Borovitz.

Seven Days in Utopia

"Well written, often poignant and surprisingly relatable." - Kirkus Reviews "A hugely readable journey of cultural and spiritual discovery, sparkling with wit and wisdom." - Alister McGrath "Carolyn Weber's memoir reads like a fast-paced novel. I loved the humor, skillful use of language and her compelling account of her steps to finding God at Oxford. I was totally captivated from beginning to end." - Marilyn Meberg Surprised by Oxford is the memoir of a skeptical agnostic who comes to a dynamic personal faith in God during graduate studies in literature at Oxford University. Carolyn Weber arrives at Oxford a feminist from a loving but broken family, suspicious of men and intellectually hostile to all things religious. As she grapples with her God-shaped void alongside the friends, classmates, and professors she meets, she tackles big questions in search of Truth, love, and a life that matters. From issues of fatherhood, feminism, doubt, doctrine, and love, Weber explores

the intricacies of coming to faith with an aching honesty and insight echoing that of the poets and writers she studied. Rich with illustration and literary references, *Surprised by Oxford* is at once gritty and lyrical; both humorous and spiritually perceptive. This savvy, credible account of Christian conversion and its after-effects follows the calendar year and events of the school year as it entertains, informs, and promises to engage even the most skeptical and unlikely reader. "*Surprised by Oxford* is a sprightly contribution to the genre of spiritual memoirs in the vein of C.S. Lewis's *Surprised by Joy* and Lauren F. Winner's *Girl Meets God*. Carolyn Weber is an unconventional thinker whose engagingly told faith journey will speak to folks who still believe that thoughtful people cannot be Christian." - Lyle W. Dorsett

Silicone Injury

Star Jones Reynolds had done it all. College on scholarship, law school on loans, and life by faith. She had achieved a prestigious career as a lawyer and prosecutor, provided much-needed calm and insight while reporting the Rodney King and O. J. Simpson trials on television, and landed a spot cohosting one of America's most popular daytime television shows, *The View*. Then why was she feeling so down? It all began when Star took a close look at herself and her life and realized she wasn't happy with what she saw: obesity precluded her from crossing her legs, she needed an asthma inhaler, she couldn't fasten her own necklace, and, worst of all, she got too tired to shop -- a disaster because Star Jones Reynolds is a seriously committed shopper. Then she realized something else: with all her extraordinary accomplishments, none of it mattered without true love. Thinking long and hard, she finally understood that she hadn't yet met the man of her dreams because she wasn't ready for him. Star decided to make it happen. She began a personal journey to reconstitute her physical look, emotional state, and already strong spirituality. Even if she didn't find love, it would be a win-win situation because she'd emerge from the experience a healthier, happier woman -- one who could truly shine. Unless you live on another planet, you know Star succeeded in her quest and did find true love -- and it wasn't that hard at all. In *Shine*, she shares it all in her wise, revealing, irreverent, laugh-out-loud style. *Shine* is divided into three main sections, each exploring core issues of interest to women. Part One guides women toward being their most attractive physical selves using Star's personal secrets on losing weight and finding hair, fashion, and makeup chic (inexpensively). Part Two asks tough questions about emotional preparedness for a relationship and shows you how to think like lawyers, and how to get your financial and emotional houses in order. Part Three delves into a woman's spiritual life -- discover how to talk to God no matter what your religion. Spiking the book are Star's "absolutes" -- truisms that have always worked for her and continue to give her guidance -- quizzes and self-assessment exercises that will help you focus on your particular strengths and weaknesses. Everyone knows Star Jones Reynolds is a success story, a happy, rough-edged-to-emotional-and-financial-riches tale. Until you read this book, you won't know how she got there -- and how you can echo her triumphs and shine.

Spiritual Misfit

Faith, Interrupted is a profoundly personal, deeply felt exploration of the mystery of faith—having it, losing it, hoping for its return. The son of an Episcopal priest, Eric Lax develops in his youth a deep religious attachment and an acute moral compass—one that he is willing to go to

prison for when it leads him to resist military service in Vietnam. His faith abides until, in his mid-thirties, he begins to question the unquestionable: the role of God in his life. In response, Lax engages with the father who inspired him and with his best friend, a Vietnam War hero turned priest. Their ongoing and illuminating dialogues, full of wisdom and insight, reveal much about three men who approach God, duty, and war in vastly different ways. Lax provides an unusual and refreshing perspective, examining religious conviction sympathetically from both sides as one who has lost his faith but still respects it. From the Trade Paperback edition.

More

At the bedside of a dying patient a young nurse witnessed the veil lift between life and death. As her patient passed with peaceful surrender she experienced something previously unknown. Six months later she traveled to India, where she lived for six years. This memoir is a lyrical and honest account of those years.

In Search of the Sacred

In His Own Words The Compelling Personal Story of the Spiritual Life of the Dalai Lama

Recovering a Sense of the Sacred

"When I first met Don Mullen in my preaching classes, I knew that he had come to Princeton Seminary after years as a leading cardiac surgeon in Milwaukee. I soon came to realize that his medical aptitude was matched by his many other gifts--- gifts for faithful preaching, intelligent leadership, pastoral compassion, and deep dedication to the gospel. In this breathtaking memoir, we see Don Mullen change direction from his successful medical career to become a courageous healing presence and witness for the gospel in some of the world's most challenging places. Through this book, what has been an adventure of faith and hope for Dr. Mullen becomes one for the reader as well." -Thomas G. Long, Professor of Preaching, Emeritus, Candler School of Theology, Emory University In his book, A Radical Change of Direction, Dr. Don Mullen describes the journey of a highly successful conservative cardiac surgeon with over three thousand open-heart procedures and many thousands of thoracic and vascular surgeries, which took him in a direction he never thought he would go. This journey began with a trip to a small mission hospital in Tenwek, Kenya, in 1981, which led to a change in his career. The different experiences in so many countries convinced him that a progressive attitude toward his theology and politics was more appropriate to a Christ-centered life than his previous beliefs. Dr. Mullen has worked in three war zones (twice in Iraq, and in Sudan and Rwanda), numerous countries all over Africa, the Far East (India, Vietnam, Laos, China, and Papua New Guinea), and the Middle East. He has spoken and preached in dozens of churches in the United States about his views developed from these experiences. The book is a memoir of the spiritual journey of a surgeon and his life before and after his defining moment of change, along with his heritage, which may have led to his nonconformist personality.

The Journey Home

My Journey Through Time is a spiritual memoir that sheds light on the workings of karma- the law of cause and effect that creates one's present circumstances and relationships-as we see it unfold through Dena's vivid memories of her previous births. We travel back in time as Dena learns of a life in early 20th century Russia, ranging from the overthrow of the Czar through Nazi Germany; then it's back further to a life in early 19th century America in the Deep South, and before that to a time in Africa in the early 18th century. Her lives in the East-in Persia, Japan, and India-go back to the 15th-17th centuries. With each past life, we can see the way in which it has impacted her present life, how it has stemmed from the end of the previous birth, and how it will influence her next life. Dena Merriam is the founder of an interfaith organization, the Global Peace Initiative of Women. A long-time disciplined meditator, Dena's access to her past lives brings a clearer awareness and purpose to her present life, and also overcomes any fear of death. The memories are triggered when Dena meets a new person or visits a new place in her current life. The memories bring remembrances of past suffering, but also recollections of spiritual teachers and wise guidance. She has not used and does not advocate past-life regressions or hypnosis as a way to prompt memories to return. Dena has decided to share her story, despite being a very private person, in hopes that it can provide comfort and awaken the inner knowing of your own ongoing journey through time.

The Sacred Journey

'I fear we shall never see another Tozer. Men like him are not college-bred but Spirit-taught.' Leonard Ravenhill, 20th century British evangelist. Pastor A. W. Tozer, author of the Christian classics *The Pursuit of God* and *The Knowledge of the Holy*, was a complex, intensely private, deeply spiritual man, and a gifted preacher whose impact for the kingdom of God is immeasurable. In this thoughtful biography, bestselling author Lyle Dorsett traces Tozer's life from his humble beginnings as a Pennsylvania farm boy to his heyday as a Chicago pastor-when hundreds of college students would travel to his South Side church to hear him preach and thousands more heard his Sunday broadcasts on WMBI- to his final pastorate in Toronto. From his conversion as a teen to his death in 1963, Tozer remained true to one passion: to know the Father and make Him known, no matter what the cost. The price he paid was loneliness, censure from other, more secular-minded ministers of the times, and even a degree of estrangement from his family. Read the life story of a flawed but gifted saint, whose works are still impacting the world today.

Into the Heart of Yoga

Recovering a Sense of the Sacred: Conversations with Thomas Berry is a thoughtful and poignant memoir by Carolyn W. Toben recounting her spiritual journey with renowned scholar, author and cultural historian, Thomas Berry. For ten years, Carolyn spent many hours in deep discussions with Thomas Berry about his transformational thinking for healing the human-earth relationship through recovery of a sense of the sacred. This book is based on her personal notes, practices and reflections from these conversations. "Recovering a Sense of the Sacred

is a poignant and intimate portrait that reveals deep insights into the work of the great contemporary mystic-sage, Thomas Berry. Even more than this, at this time of "historic confusion," this tender story provides a profound interior activation; it calls us toward another way of knowing that is essential for new levels of understanding. Reverent and real, this wonderful work provides gracious and wise companionship for a life of the sacred." -Tobin Hart, Ph.D., author of *The Secret Spiritual World of Children* "Carolyn Toben has given us a true gift! Recovering a Sense of the Sacred carries the reader to the heart of his/her deepest identity as a sacred being in a sacred planet in a sacred universe. Those who knew Thomas will find themselves right there in the midst of the conversations, listening in, smiling, bathed again in the warmth of his remarkable presence. For those who are new to Thomas or his work, this book is an excellent introduction to his comprehensive thought and wisdom, for here it reaches us through a sense of his person-his own deep sense of the sacred in every being, his reverence, hospitality and friendship." -Mary Southard, CSJ, artist and creator of the Earth Calendar "No thinker in the twentieth or twenty-first century has provided us with as much inspiration and guidance about the relationship between humans and the natural world as Thomas Berry. Carolyn Toben's very personal and eloquent book offers us an opportunity to sit with Thomas and absorb his special wisdom." -Richard Louv, author of *Last Child in the Woods* "In this inspired book, Carolyn Toben chronicles her extended conversations with the noted theologian and philosopher, Thomas Berry. What she has achieved is not only a passionate homage to a great thinker and visionary, but a personal and moving statement of our human responsibility to access the depth of our consciousness in relation to all that exists around us." -Richard Lewis, author of *Living By Wonder: The Imaginative Life of Childhood* "This book is an exquisite gift for those of us familiar with Thomas Berry's writings and for those still new to his work. For here we meet the man himself in the context of an evolving relationship where, in different settings and moments over the last decade of his life, he shares his vision of a living universe and the immensity of meanings it holds for him. And here, in between their conversations, Carolyn Toben explores how his message is altering her own perceptions of the natural world and of herself. Their warm-hearted companionship invites us in as well, to come alive to the creative mutuality at the heart of all that is." -Joanna Macy, author of *World as Lover, World as Self* "A fascinating and moving portrait of one of the Great Teachers of our time. I am deeply grateful for this lyrical and lucid memoir, which captures Thomas Berry's vision, his graciousness, his deep communion with the earth and its beings, and the implications of his work for the future. Skillfully transmitting his wisdom and presence, Carolyn Toben's encounter with the cosmology of Berry is a blessing for the entire planet." -Drew Dellinger, author of *Love Letter to the Milky Way*

Writing The Sacred Journey

The renowned Godric (nominated for the Pulitzer Prize) shares his personal and professional journey in a literary, wise and moving memoir. "Fascinating . . . striking . . . a beautifully successful experiment".-- The New York Times Book Review.

Breathing Space

This book is a gripping, brutally honest, true story of the author's journey through five psychotic episodes. At the age of 53, she was diagnosed with depression and psychosis. Over the next four years and five hospitalizations, the diagnosis became a schizo-affective

disorder. This mental illness is considered a more severe form of schizophrenia. The author interweaves her psychosis with her life-long spiritual journey and looks for the gifts that this illness has brought to her. She believes that her experiences deepened her compassion for other beings and her relationship to the Universe. She gives practical examples of how to engage a person mentally, emotionally, spiritually, and physically. She believes that these aspects of a person, including someone with a mental illness, cannot be separated. The author hopes that those who have a mental illness and their caregivers, family, friends, nurses, counselors, psychologists, and psychiatrists, as well as the general public, may gain new insights into the treatment and nature of mental illness.

Writing The Sacred Journey

Named a Gift Book for the Discerning New Yorker by The New York Times In a metropolis like New York, homelessness can blend into the urban landscape. For editor Susan Greenfield, however, New York is the place where a community of resilient, remarkable individuals are yearning for a voice. Sacred Shelter follows the lives of thirteen formerly homeless people, all of whom have graduated from the life skills empowerment program, an interfaith life skills program for homeless and formerly homeless individuals in New York. Through frank, honest interviews, these individuals share traumas from their youth, their experience with homelessness, and the healing they have discovered through community and faith. Edna Humphrey talks about losing her grandparents, father, and sister to illness, accident, and abuse. Lisa Sperber discusses her bipolar disorder and her whiteness. Dennis Barton speaks about his unconventional path to becoming a first-generation college student and his journey to reconnect with his family. The memoirists share stories about youth, family, jobs, and love. They describe their experiences with racism, mental illness, sexual assault, and domestic violence. Each of the thirteen storytellers honestly expresses his or her brokenheartedness and how finding community and faith gave them hope to carry on. Interspersed among these life stories are reflections from program directors, clerics, mentors, and volunteers who have worked with and in the life skills empowerment program. In his reflection, George Horton shares his deep gratitude for and solidarity with the 500-plus individuals he has come to know since he co-founded the program in 1989. While religion can be divisive, Horton firmly believes that all faiths urge us to “welcome the stranger” and, as Pope Francis asks, “accompany” them through the struggles of life. Through solidarity and suffering, many formerly homeless individuals have found renewed faith in God and community. Beyond trauma and strife, Dorothy Day’s suggestion that “All is grace” is personified in these thirteen stories. Jeremy Kalmanofsky, rabbi at Ansche Chesed Synagogue, says the program points toward a social fabric of encounter and recognition between strangers, who overcome vast differences to face one another, which in Hebrew is called Panim el Panim. While Sacred Shelter does not tackle the socioeconomic conditions and inequities that cause homelessness, it provides a voice for a demographic group that continues to suffer from systemic injustice and marginalization. In powerful, narrative form, it expresses the resilience of individuals who have experienced homelessness and the hope and community they have found. By listening to their stories, we are urged to confront our own woundedness and uncover our desire for human connection, a sacred shelter on the other side of suffering.

Ordinary Girl

This book is a song of Thanksgiving. Thanksgiving for the people whose courageous witness has transfigured this community-and this pastor. Thanksgiving for the gift of these stories that cry out to be told and retold because in the midst of death they rise to fill the air with life. Breathing Space is the story of a young woman, Heidi Neumark, and the Hispanic and African-American Lutheran church-aptly named Transfiguration-that took a chance calling on a pastor from a starkly different background. Despite living and working in a milieu of overwhelming poverty and violence, Neumark and the congregation encounter even more powerful forces of hope and renewal. This is the story of a church and a community creating space for new life and breath in a place where children suffer the highest asthma rates in the nation. It's also the story of a young woman-working, raising her children, and struggling for spiritual breathing space. Through poignant, intimate stories, Neumark charts her journey alongside her parishioners as pastor, church, and community grow in wisdom and together experience transformation.

Why I Still Carry a Guitar

Soulshaping is the inspiring memoir of an archetypal "male warrior" – a trial lawyer – who struggled to find his heart and a more authentic, soulful path. Rivetingly personal and profoundly universal, this book is for anyone who has heard a whisper of something truer calling out to them amid the distractions of modern life. Jeff Brown's dramatic and often funny story takes readers through remarkably human experiences – emotional, physical, and economic – as he vividly recounts his troubled childhood, his success in apprenticing with Canada's top criminal lawyer, and his ultimate decision to leave the law and begin an inner journey to discover his soul's purpose. A work of courageous self-creation, Soulshaping reminds us that we are all truly connected, that our seemingly isolated struggles are actually part of the shared human challenge to live a life that is heart-centered and soul-driven. Both down-to-earth and magically mystical, Soulshaping will meet you where you live – and where you long to live.

Surprised by Oxford

Have you ever wanted More? Not more stuff . . . or success . . . or fame . . . but more intimacy, more connection, more mystery, more awe. When Mariah McKenzie finds her husband and her best friend in bed together, she is launched on a forbidding and transcendent journey. Reeling from a life turned upside down, Mariah and her husband Jake don't separate, but resolve to search together for a deeper connection - for more.

Shine

In this book, a series of interviews offers an accessible, revealing, human and intellectual biography of leading Islamic scholar Seyyed Hossein Nasr. * An explanatory foreword, "The Spiritual and Intellectual Journey of Seyyed Hossein Nasr" by Jamin Jahanbegloo * An introduction by Terry Moore * Organization by both chronology and concept to facilitate ease of use for students and scholars, as well as for

more casual readers

Faith, Interrupted

"Join former NBC newsman and Meet the Press moderator David Gregory as he probes various religious traditions to better understand his own faith and answer life's most important questions: who do we want to be and what do we believe? While David was covering the White House, he had the unusual experience of being asked by President George W. Bush "How's your faith?" David's answer was just emerging. Raised by a Catholic mother and a Jewish dad, he had a strong sense of Jewish cultural and ethnic identity, but no real belief--until his marriage to a Protestant woman of strong faith inspired him to explore his spirituality for himself and his growing family. David's journey has taken him inside Christian mega-churches and into the heart of Orthodox Judaism. He's gone deep into Bible study and asked tough questions of America's most thoughtful religious leaders, including evangelical preacher Joel Osteen and Cardinal Timothy Dolan, the Catholic Archbishop of New York. It has brought him back to his childhood, where belief in God might have helped him through his mother's struggle with alcoholism, and through a difficult period of public scrutiny and his departure from NBC News, which saw his faith tested like never before. David approaches his faith with the curiosity and dedication you would expect from a journalist accustomed to holding politicians and Presidents accountable. But he also comes as a seeker, one just discovering why spiritual journeys are always worthwhile"--

Swinging on the Garden Gate

Written by women for women, this book includes daily meditations for an entire year, facilitating daily spiritual discipline by offering daily readings and questions as a starting point for reflection, prayer, and journaling.

My Sisters the Saints

Offers the author's account of the loss of her Catholic faith, how acknowledging her unbelief allowed her to truly begin her spiritual journey, and how she came to see the possibility that faith, uncertainty, and doubt can coexist.

Sacred Shelter

NOW A MAJOR MOTION PICTURE starring Robert Duvall and Lucas Black This book is about influence and inspiration and a deeper, more profound way of looking at life. The story is based on thousands of athletes who author and performance psychologist Dr. David Cook has counseled, and the great mentors and teachers from whom he has learned. Told through the lives of two characters—an eccentric rancher with a passion for teaching truth, and a young golf professional at the end of his rope looking to escape the pressures of the game—they represent each one of us in our various stages of growth. And through them we are reminded that, in life, we must be willing to coach and be

coached. Life is never the same once you've been to Utopia. "Read it. Devour it. Keep it as a reference book. You'll be glad you did. Golf's Sacred Journey is a remarkable and encouraging story with an entirely different approach on how to succeed in your golf game."—Zig Ziglar, leading motivational expert and bestselling author "This book is full of wisdom that will enhance your game and I believe it just may change your life."—David Robinson, NBA MVP, 1992 Olympic Gold Medalist, Two Time World Champion

A Radical Change of Direction

"A stunning story worth reading. Radhanath Swami's journey from the external to the internal world is awe-inspiring. His determination as an ardent seeker of truth is clear, for at last he savored seeing the soul face-to-face. The Journey Home is the story of a seeker who became a seer. May many be inspired to experience what he has experienced."---B. K. S. Iyengar, Author Iyengar Yoga: Wisdom & Practice "A generational journey to the East by one who found the real goal of all seeking, The Journey Home is one of the most remarkable and intimate portrayals of the life and adventure of an American swami, providing the reader the opportunity for a similar transformation."---David Frawley, Author Yoga: The Greater Tradition and Yoga and Ayurveda "Here is an inspiring chapter of 'our story' of spiritual pilgrimage to the East. It shows the inner journey of awakening in a fascinating and spellbinding way."---Ram Dass, Author Be Here Now ---"The Journey Home is a rare and intimate view into initiation and process of becoming a swami through the fire of Bhakti yoga and the extraordinary sacred landscape of India. An inspiring journey for all---Shiva Rea, Author Yoga Wave Within This extraordinary memoir, Radhanath Swami weaves a colorful tapestry of adventure, mysticism, and love. Readers follow Richard Slavin from the suburbs of Chicago to the caves of the Himalayas as he transforms from young seeker to renowned spiritual guide. The Journey Home is an intimate account of the steps to self-awareness and also a penetrating glimpse into the heart of mystic traditions and the challenges that all souls must face on the road to inner harmony and a union with the Divine. Through near-death encounters; apprenticeships with advanced yogis, and years of travel along the pilgrim's path, Radhanath Swami eventually reaches the inner sanctum of India's mystic culture and finds the love he has been seeking. It is a tale told with rare candor, immersing the reader in a journey that is at once engaging, humorous, and heartwarming.

A Passion for God

With eloquence, candor, and simplicity, a celebrated author tells the story of his father's alcohol abuse and suicide and traces the influence of this secret on his life as a son, father, husband, minister, and writer.

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