

Download free The way of the heart the spirituality of the desert fathers and mothers .pdf

using stories and images the authors blend the best of spirituality and psychology to help the reader live in peace with self others and god by way of the heart comes from the pen of an experienced master anyone who reads it will find a sure guide along a path that leads to wholeness enlightenment and to god william johnston s j the modern classic that interweaves the solitude silence and prayer of the fourth and fifth century egyptian desert fathers and mothers with our contemporary search for an authentic spirituality in middle age people are overwhelmed by a yearning to abandon the trivial to create a better self and to begin living in relation to life s ultimate questions wilkie au offers here a warm guidebook for traveling the road of middle age it acts as a type of spiritual triple a auto club providing both a map for middle life s journey and roadside assistance for those who find themselves stuck along the way transitions peak in middle age loss of all sorts yet for believers loss is never the final word crammed with stories examples and excerpts from both classic and contemporary writers this book shows that god is always there to meet us now wherever we are on the journey this is spirituality that endures spirituality for the long haul highlights helps readers cope with common obstacles in the spiritual path such as the need for control the fear of the unknown and the desire to cling to possessions shows how to live with more awareness more immediacy more gratitude and more compassion provides practical tools such as reflections exercises prayers and guidelines for developing one s spirituality learn how the mature heart overcomes hidden blocks to giving and receiving more love how you can soften and strengthen the heart to create more meaningful relationships in all areas of your life in this lovely book sr joan looks at 50 aspects all of which in some way can fill our hearts and our lives she talks about a prayerful heart a peaceful heart a risking heart a wise heart a cosmic heart a compassionate heart each brief chapter offers abundant food for reflection and prayer and each offers an opportunity to become persons who produce good from the treasure of the heart luke 6 45 a guidebook for traveling the road of middle age that acts as a type of spiritual triple a club providing both a map for middle life s journey and roadside assistance for those who find themselves stuck along the way the book describes the role and importance of the spiritual heart in meditation and spirituality the spiritual heart is not an abstract concept but something real that can and should be experienced the author describes his personal experiences and gives practical advice to fellow travellers on the path less travelled the book describes how to practice effective meditation and breathing techniques some of which have never before been described in books this book is for serious seekers of truth the heart is the most important biblical term for the person s nature and actions indeed the heart is the control center of life it is the very place where god works to change us but how does this growth take place how are christians to discover the steadfast spirit of david s psalm in

minding the heart robert l saucy offers insightful instruction on what spiritual transformation is and how to achieve it he shows how renewing one's mind through meditation action and community can begin the process of change but ultimately the final change the change that brings abundant life can only come through a vital relationship with god the renewing of the heart is an inescapable human need writes saucy but the solution lies only within the realm of the divine drawing from inspiring bible passages as well as selected scientific studies saucy demonstrates how to make lasting change so christians can finally achieve the joys of becoming more like christ heart imagery a path to enlightenment is a continuation of the book this now is eternity revealing exercises and meditations related to the most ancient spiritual system heart imagery it is a treasure full of advice meditations and exercises that come directly from two of the last great masters of heart imagery these masters lived in the tibetan area but that isn't relevant like other great masters of imagery anastasia from russia colette aboulker muscat from jerusalem and ana pricop from romania the location and the time during which they lived was of no consequence they were able to change anything the past the present and the future they could reverse any action or thought this is beyond our understanding remember that everything around you is a dream and that you can awaken at any moment if you really wish to daniel mitel for more information visit danielmitel.com heartimagery.org the way of the spiritual heart answers pertinent questions related to the deeper meaning of spiritual growth and the difference between soul development and spiritual development it addresses why the most profound truths are known in our heart and explains how our life is a journey for fulfilling why we exist this book clearly identifies the subtle games our egos play that keep us disconnected from the growth of our spirit our true self our hearts intuitively realize that we are living in a very special time and the way we approach our spiritual journey can now be brought into its truest form this book starts with a survey of a variety of everyday spiritual experiences then moves on to offer a christian interpretation of the mystery of life and of the personal call of each individual highlights pioneers of global spirituality thomas mercon thich nhanh abraham heschel mohandas gandhi howard thurman bede griffiths and dorothy day the human heart with all its potential for good and bad is given a rich variety of meanings in sacred scripture as a symbol of the depths of a person the heart can become hardened and foolish but god too has a heart one that is greater than ours in his concern for our happiness and well being he has offered to change our hearts of stone to hearts of flesh this promise was fulfilled in jesus gentle and humble of heart from whose pierced side flowed living streams of blood and water for the salvation of the world jesus invites us to give him our hearts that he might heal them and make then whole devotion to the sacred heart of jesus is based on this remarkable truth of our faith desert spirituality speaks to the mind and heart it is a spirituality that helps us balance our work and daily obligations and figure out our priorities and the place of god in our lives desert spirituality addresses our most intimate thoughts and helps us analyze the roots of our spiritual setbacks its essence is to love the lord with all our heart soul and mind matt 22:37 starting in fourth century egypt desert spirituality has become a global phenomenon it has endured through the centuries

because it is practical and simple it tells us how to live out scripture in our daily lives it is also profound it is deeply rooted in the theology of the incarnation and the renewal of creation by the resurrection the desert fathers and mothers left us short wisdom sayings revealing their inner experience in their long journey toward being with god they speak about scripture and prayer but also about how to love our neighbors discern our thoughts and evaluate our daily activities come learn from these desert dwellers as they teach us about the examination of thoughts the discernment of the soul and the balance of the heart in the seat of the soul gary zukav brilliantly set forth his concepts explaining how the expansion of human perception beyond the five senses leads to a new understanding of authentic power then in soul stories he revealed how such concepts as intuition harmony sharing and forgiveness actually express themselves in other people s lives and now in the heart of the soul zukav together with his coauthor and spiritual partner linda francis takes the next important step in showing us how to actually apply these crucial concepts in our daily lives zukav reveals how true emotional awareness can transform the human experience although it is challenging and difficult because it means becoming aware of suppressed pain it is also enormously rewarding but first the determination to explore every aspect of consciousness and to cultivate those that contribute the most to life must replace the desire to bury painful emotions ultimately emotional awareness can free us from the compulsions fixations obsessions and addictions that block our spiritual development among them anger workaholism perfectionism obsessive eating alcohol drugs sex and allow us to live a fulfilling and meaningful life the heart of the soul will be a revelation for readers a soul tool with which we can forge a greater emotional awareness to enable us to use our emotions in the creation of authentic power it is a book to read not once but several times for it is a life changing work that can transform our lives for the better nautilus book awards 2022 silver award winner in religion spirituality of western thought in the divine heart colette lafia invites us to enter the vastness and intimacy of god s love offering seven simple yet powerful ways to deepen our awareness and open our hearts this small book with a big heart shows us how to live in the flow of divine love richard rohr author of the universal christ founder of the center for action and contemplation during these turbulent times we need the steadying voice of feminine wisdom more urgently than ever in this luminous book spiritual guide colette lafia offers the fruits of her tenderly cultivated inner life to feed people of all genders who thirst for a direct encounter with the embodiment of love which she recognizes as our own true nature mirabai starr translator of john of the cross and teresa of avila author of wild mercy in the divine heart spiritual director colette lafia shows how we can live in an ever flowing love relationship with god realizing that god is in us and we are in god beautifully expressed sharing examples of her own journey the divine heart offers seven invitations that can awaken us to this abundant flow of love at the core of our being weaving prayers and practices along with relevant contemporary and mystical teachings colette lafia invites us to explore how connecting to divine love helps us trust our own spiritual experiences and inspires us toward hope healing and wholeness the divine heart is a timely offering outlining ways we can integrate loss and pain and renew

ourselves in the power and presence of love today we know very little about the true nature of the human heart our knowledge arises only from a materialistic or an emotional standpoint in this astonishing and inspiring book peter selg focuses on the evolution of the spiritual understanding of the heart as transmitted through aristotle the gospels and hebrew scriptures to the middle ages when in the light of the mystery of golgotha and its sacramental life it was synthesized and transformed by thomas aquinas after whom with the rise of modern science it was lost until goethe began a process of recovery and development that led to its complete renewal and transformation in rudolf steiner when count alexander lynar retrieved the treasure trove of silver and porcelain that he had hidden at the end of world war ii the story made headlines around the world in this work alexander lynar recalls his privileged childhood in pre war and wartime germany on the family s two vast estates he describes a way of life lost for ever and a childhood spent under the increasing dominance of the nazis as the war drew to a close the russians were poised to overrun the family estate at gorlsdorf on 20 april 1945 hitler s birthday 16 year old alexander at home on sick leave before joining the navy took charge of burying what valuables he could with the help of their coachman gamekeeper and an estate worker 15 cases were buried and a map made recording the precise location of the treasure thanks to the loyalty of those who remained the secret was never disclosed the heart of the mystic is a compassionate and life transforming glimpse of mystical truth described in the words of the great mystics the god realized beings from all spiritual traditions these simple contemplations distill the essence of universal truth and the journey to the inner depths where truth is recognized by the soul not learned by the mind in this state of consciousness true wisdom is not mere temporal learning but the ability to see the finite through the eyes of the infinite it is where the unity of life is celebrated in the sublime and timeless perception that there is only one doer playing all of the diverse roles of creation in a perfect way and according to a perfect plan of unfolding in heart of the mystic jerry thomas describes a form of lexio divina the ancient technique of allowing the spirit of wisdom to descent to the core of our very being providing spiritual guidance and knowledge at the level of the soul and the three bodies physical astral and etheric that cover it using this method with any one of the simple contemplations allows the essence of the words to permeate our consciousness leading us to the bliss of communion with the source of all love and all life it is the fulfillment of the promise of scripture which is to lead us back to the state of unity consciousness from which the concepts were first cognized and the words originally spoken this groundbreaking book is the first by a medical doctor to teach how spirituality love joy forgiveness understanding responsibility and laughter are as essential as medication in battling coronary disease heart soul delivers empowering strategies for nurturing and maintaining a mind set of positive physical and spiritual well being drawing on experience as an interreligious monk brother wayne teasdale reveals the power of spirituality and its practical elements he combines a profound christian faith with an intimate understanding of ancient religious traditions in this expanded edition of a spiritual formation classic david g benner explores the twin themes of love and surrender as the heart of christian spirituality god doesn t want his

people to respond to him out of fear or obligation but invites us to enter into an authentic relationship of intimacy and devotion by surrendering to love the bestselling author's inspiring autobiographical account of personal pain spiritual awakening and divine grace inspiring sue monk kidd is a direct literary descendant of carson mccullers baltimore sun grounded in personal experience and bolstered with classic spiritual disciplines and scripture this book offers an alternative to fast fix spirituality bookstore journal blending her own experiences with an intimate grasp of spirituality sue monk kidd relates the passionate and moving tale of her spiritual crisis when life seemed to have lost meaning and her longing for a hasty escape from the pain yielded to a discipline of active waiting a fifteen year old boy is walking through a swirling fog on his way to school when a voice calls out come here we need to talk out of the mist emerges an old man with a white beard he is a fantastic figure as wizardly as merlin as wise as socrates as peaceful as buddha whoever he is the old man has appeared on that very day to change the boy's life you are old enough to learn about things he says mysteriously and who is going to teach you but me the old man gives the boy four days of soul training a time of riddles tricks parables and incredible twists that brings out surprising answers to each of four burning questions about spirituality do i have a soul how do wishes come true what is the supreme force in the universe how can i change the world the old man with the white beard showed me the spiritual side of life writes deepak chopra where real passion and excitement come from so before you begin take a deep breath this story could turn out to be yours a culture of heart is vital if we are to heal the many wounds and splits that exist between different classes religions tribes and nations this book has been written from a place of great hope and joy based on knowledge that our world is changing and that the planetary heart is at last awakening insisting that loving is the deepest truth about each person this warm and inspiring volume encourages people to live from love crafted to awaken the notion that all love is internal the book touches on such areas as spiritual exercises relationships with others loving through life's challenges and the importance of service love is the keynote of john roger's 40 years of teaching about living a life deeply in touch with the spirit and this inspirational book goes to the heart of his teachings it is with the heart that we believe when we receive jesus into our hearts we are declared his own and are transformed into his likeness into a new person in christ the sad reality is that while many christians truly believe they struggle to find a clear picture of how spiritual transformation is to take place in their life over and over the bible points to the heart as the agent of our transformation but the scriptures do not refer to the physical heart beating in our chests but could they what if the physical heart could serve as a compelling model of spiritual development and transformation drawing from examples in scripture as well as her own challenges with grasping the concept of spiritual transformation in the anatomy of the heart janeen dancy challenges readers to take a closer look at the physical heart for insightful analysis of the spiritual heart the hearts at the center of our physical life and spiritual life may be more similar than we know and a greater understanding of one may lead to a deeper understanding and ultimate victory in the other following the unprecedented response to her 1 new york times bestseller embraced by

the light betty j eadie has shared her message with millions of readers eager to enrich their lives with the powerful faith hope and love she has so memorably described now she takes us to new levels of spiritual discovery addressing many of the concerns that affect us most by showing how she has transformed her own life with the mind opening vision that captivated the world the awakening heart expands on the invaluable knowledge and insights she has received giving us more revelations made known to her during her near death experience and in subsequent visions and visitations and showing us how the healing power of positive sacred energy can affect and uplift every aspect of our daily lives drawing on betty s own sometimes difficult spiritual awakening following her return to this life as well as the ennobling experiences shared by some of the people she has met on her journeys the awakening heart radiates the strength of unconditional love helping each one of us to seek and find the light of god within us book jacket title summary field provided by blackwell north america inc all rights reserved this book contains 78 insightful reflections on god his ways and other aspects of the christian life each meditation encourages the practice of self examination and prayer and stimulates us to a more diligent examination of god s word activist nun and spiritual guide joan chittister invites us to create a monastery within ourselves to cultivate wisdom and resilience so we can live more easily and give of ourselves more fully no matter our circumstances in every beating heart is a silent undercurrent that calls each of us to a place unknown to the vision of a wiser life to become what we feel we must be but cannot name so begins sister joan chittister s words on monasticism offering a way of living and seeing life that brings deep human satisfaction amid the recent global disruptions sister joan calls readers to cultivate the spiritual seeker within all of us however that may look across our diverse journeys the monastic heart carries the weight and wisdom of the benedictine spiritual tradition into the twenty first century sister joan draws deeply from saint benedict a young man who sought moral integrity in the face of an empire in the sixth century not by conquering or overpowering the empire but by simply living an ordinary life extraordinarily well this same monastic mindset can help us grow in wisdom equanimity and strength of soul as we seek restoration and renewal both at home and in the world at a time when people around the world are bearing witness to human frailty and simultaneously the endurance of the human spirit the monastic heart invites readers to embrace a new beginning of faith without stepping foot in a monastery we can become like those before us a deeper freer self a richer soul and as a result a true monastic essential reading for anyone wishing to find the compass of their heart and the wellspring from which to live fully gregory boyle new york times bestselling author of tattoos on the heart melchizedek a widely known and beloved spiritual teacher shares his experiences of living in the sacred space within the heart the author explains the processes and techniques he uses to enter this space and the profound joy it offers

Urgings of the Heart

1995

using stories and images the authors blend the best of spirituality and psychology to help the reader live in peace with self others and god

By Way of the Heart

1989

by way of the heart comes from the pen of an experienced master anyone who reads it will find a sure guide along a path that leads to wholeness enlightenment and to god william johnston s j

The Way of the Heart

2016-07-12

the modern classic that interweaves the solitude silence and prayer of the fourth and fifth century egyptian desert fathers and mothers with our contemporary search for an authentic spirituality

The Enduring Heart

2015-05-05

in middle age people are overwhelmed by a yearning to abandon the trivial to create a better self and to begin living in relation to life s ultimate questions wilkie au offers here a warm guidebook for traveling the road of middle age it acts as a type of spiritual triple a auto club providing both a map for middle life s journey and roadside assistance for those who find themselves stuck along the way transitions peak in middle age loss of all sorts yet for believers loss is never the final word crammed with stories examples and excerpts from both classic and contemporary writers this book shows that god is always there to meet us now wherever we are on the journey this is spirituality that endures spirituality for the long haul highlights helps readers cope with common obstacles in the spiritual path such as the need for control the fear of the unknown and the desire to cling to possessions shows how to live with more awareness more immediacy more gratitude and more compassion provides practical tools such as reflections exercises prayers and guidelines for developing one s spirituality

Alchemy of the Heart

2000

learn how the mature heart overcomes hidden blocks to giving and receiving more love how you can soften and strengthen the heart to create more meaningful relationships in all areas of your life

Aspects of the Heart

2012

in this lovely book sr joan looks at 50 aspects all of which in some way can fill our hearts and our lives she talks about a prayerful heart a peaceful heart a risking heart a wise heart a cosmic heart a compassionate heart each brief chapter offers abundant food for reflection and prayer and each offers an opportunity to become persons who produce good from the treasure of the heart luke 6 45

Enduring Heart, The: Spirituality for the Long Haul

2015

a guidebook for traveling the road of middle age that acts as a type of spiritual triple a club providing both a map for middle life s journey and roadside assistance for those who find themselves stuck along the way

Urgings of the Heart

1999

the book describes the role and importance of the spiritual heart in meditation and spirituality the spiritual heart is not an abstract concept but something real that can and should be experienced the author describes his personal experiences and gives practical advice to fellow travellers on the path less travelled the book describes how to practice effective meditation and breathing techniques some of which have never before been described in books this book is for serious seekers of truth

Meditation on the Spiritual Heart

2017-01-26

the heart is the most important biblical term for the person's nature and actions indeed the heart is the control center of life it is the very place where god works to change us but how does this growth take place how are christians to discover the steadfast spirit of david's psalm in minding the heart robert l saucy offers insightful instruction on what spiritual transformation is and how to achieve it he shows how renewing one's mind through meditation action and community can begin the process of change but ultimately the final change the change that brings abundant life can only come through a vital relationship with god the renewing of the heart is an inescapable human need writes saucy but the solution lies only within the realm of the divine drawing from inspiring bible passages as well as selected scientific studies saucy demonstrates how to make lasting change so christians can finally achieve the joys of becoming more like christ

Minding the Heart

2013-09-13

heart imagery a path to enlightenment is a continuation of the book this now is eternity revealing exercises and meditations related to the most ancient spiritual system heart imagery it is a treasure full of advice meditations and exercises that come directly from two of the last great masters of heart imagery these masters lived in the tibetan area but that isn't relevant like other great masters of imagery anastasia from russia colette aboulker muscat from jerusalem and ana pricop from romania the location and the time during which they lived was of no consequence they were able to change anything the past the present and the future they could reverse any action or thought this is beyond our understanding remember that everything around you is a dream and that you can awaken at any moment if you really wish to daniel mitel for more information visit danielmitel.com/heartimagery.org

Heart Imagery

2015-09-23

the way of the spiritual heart answers pertinent questions related to the deeper meaning of spiritual growth and the difference between soul development and spiritual development it addresses why the most profound truths are known in our heart and explains how our life is a journey for fulfilling why we exist this book clearly identifies the subtle games our egos play that keep us disconnected from the growth of our spirit our true self our hearts intuitively

realize that we are living in a very special time and the way we approach our spiritual journey can now be brought into its truest form

The Way of the Spiritual Heart

2012-05-01

this book starts with a survey of a variety of everyday spiritual experiences then moves on to offer a christian interpretation of the mystery of life and of the personal call of each individual

Spirituality

2009

highlights pioneers of global spirituality thomas meron thich nhat hanh abraham heschel mohandas gandhi howard zimmerman bede griffiths and dorothy day

Emerging Heart

2007

the human heart with all its potential for good and bad is given a rich variety of meanings in sacred scripture as a symbol of the depths of a person the heart can become hardened and foolish but god too has a heart one that is greater than ours in his concern for our happiness and well being he has offered to change our hearts of stone to hearts of flesh this promise was fulfilled in jesus gentle and humble of heart from whose pierced side flowed living streams of blood and water for the salvation of the world jesus invites us to give him our hearts that he might heal them and make then whole devotion to the sacred heart of jesus is based on this remarkable truth of our faith

A Biblical Spirituality of the Heart

1991

desert spirituality speaks to the mind and heart it is a spirituality that helps us balance our work and daily obligations and figure out our priorities and the place of god in our lives desert spirituality addresses our most intimate thoughts and helps us analyze the roots of our spiritual setbacks its essence is to love the lord with all our heart soul and mind matt 22 37 starting in fourth century egypt desert spirituality has become a global phenomenon it has endured

through the centuries because it is practical and simple it tells us how to live out scripture in our daily lives it is also profound it is deeply rooted in the theology of the incarnation and the renewal of creation by the resurrection the desert fathers and mothers left us short wisdom sayings revealing their inner experience in their long journey toward being with god they speak about scripture and prayer but also about how to love our neighbors discern our thoughts and evaluate our daily activities come learn from these desert dwellers as they teach us about the examination of thoughts the discernment of the soul and the balance of the heart

Balance of the Heart

2012-11-06

in the seat of the soul gary zukav brilliantly set forth his concepts explaining how the expansion of human perception beyond the five senses leads to a new understanding of authentic power then in soul stories he revealed how such concepts as intuition harmony sharing and forgiveness actually express themselves in other people s lives and now in the heart of the soul zukav together with his coauthor and spiritual partner linda francis takes the next important step in showing us how to actually apply these crucial concepts in our daily lives zukav reveals how true emotional awareness can transform the human experience although it is challenging and difficult because it means becoming aware of suppressed pain it is also enormously rewarding but first the determination to explore every aspect of consciousness and to cultivate those that contribute the most to life must replace the desire to bury painful emotions ultimately emotional awareness can free us from the compulsions fixations obsessions and addictions that block our spiritual development among them anger workaholism perfectionism obsessive eating alcohol drugs sex and allow us to live a fulfilling and meaningful life the heart of the soul will be a revelation for readers a soul tool with which we can forge a greater emotional awareness to enable us to use our emotions in the creation of authentic power it is a book to read not once but several times for it is a life changing work that can transform our lives for the better

Heart Of The Soul

2012-12-11

nautilus book awards 2022 silver award winner in religion spirituality of western thought in the divine heart colette lafia invites us to enter the vastness and intimacy of god s love offering seven simple yet powerful ways to deepen our awareness and open our hearts this small book with a big heart shows us how to live in the flow of divine love richard rohr author of the universal christ founder of the center for action and contemplation during these turbulent times we need the steadying voice of feminine wisdom more urgently than ever in this luminous book spiritual guide

colette lafia offers the fruits of her tenderly cultivated inner life to feed people of all genders who thirst for a direct encounter with the embodiment of love which she recognizes as our own true nature mirabai starr translator of john of the cross and teresa of avila author of wild mercy in the divine heart spiritual director colette lafia shows how we can live in an ever flowing love relationship with god realizing that god is in us and we are in god beautifully expressed sharing examples of her own journey the divine heart offers seven invitations that can awaken us to this abundant flow of love at the core of our being weaving prayers and practices along with relevant contemporary and mystical teachings colette lafia invites us to explore how connecting to divine love helps us trust our own spiritual experiences and inspires us toward hope healing and wholeness the divine heart is a timely offering outlining ways we can integrate loss and pain and renew ourselves in the power and presence of love

The Divine Heart

2021-05-02

today we know very little about the true nature of the human heart our knowledge arises only from a materialistic or an emotional standpoint in this astonishing and inspiring book peter selg focuses on the evolution of the spiritual understanding of the heart as transmitted through aristotle the gospels and hebrew scriptures to the middle ages when in the light of the mystery of golgotha and its sacramental life it was synthesized and transformed by thomas aquinas after whom with the rise of modern science it was lost until goethe began a process of recovery and development that led to its complete renewal and transformation in rudolf steiner

The Transformed Heart

2017-04-20

when count alexander lynar retrieved the treasure trove of silver and porcelain that he had hidden at the end of world war ii the story made headlines around the world in this work alexander lynar recalls his privileged childhood in pre war and wartime germany on the family s two vast estates he describes a way of life lost for ever and a childhood spent under the increasing dominance of the nazis as the war drew to a close the russians were poised to overrun the family estate at gorldorf on 20 april 1945 hitler s birthday 16 year old alexander at home on sick leave before joining the navy took charge of burying what valuables he could with the help of their coachman gamekeeper and an estate worker 15 cases were buried and a map made recording the precise location of the treasure thanks to the loyalty of those who remained the secret was never disclosed

The Mystery of the Heart

2012

the heart of the mystic is a compassionate and life transforming glimpse of mystical truth described in the words of the great mystics the god realized beings from all spiritual traditions these simple contemplations distill the essence of universal truth and the journey to the inner depths where truth is recognized by the soul not learned by the mind in this state of consciousness true wisdom is not mere temporal learning but the ability to see the finite through the eyes of the infinite it is where the unity of life is celebrated in the sublime and timeless perception that there is only one doer playing all of the diverse roles of creation in a perfect way and according to a perfect plan of unfolding in heart of the mystic jerry thomas describes a form of lexio divina the ancient technique of allowing the spirit of wisdom to descend to the core of our very being providing spiritual guidance and knowledge at the level of the soul and the three bodies physical astral and etheric that cover it using this method with any one of the simple contemplations allows the essence of the words to permeate our consciousness leading us to the bliss of communion with the source of all love and all life it is the fulfillment of the promise of scripture which is to lead us back to the state of unity consciousness from which the concepts were first cognized and the words originally spoken

Liberating the Heart

1990

this groundbreaking book is the first by a medical doctor to teach how spirituality love joy forgiveness understanding responsibility and laughter are as essential as medication in battling coronary disease heart soul delivers empowering strategies for nurturing and maintaining a mind set of positive physical and spiritual well being

The Place of the Heart

1995

drawing on experience as an interreligious monk brother wayne teasdale reveals the power of spirituality and its practical elements he combines a profound christian faith with an intimate understanding of ancient religious traditions

Fire in the Heart

1990

in this expanded edition of a spiritual formation classic david g benner explores the twin themes of love and surrender as the heart of christian spirituality god doesn't want his people to respond to him out of fear or obligation but invites us to enter into an authentic relationship of intimacy and devotion by surrendering to love

Heart of the Mystic

2004-08-12

the bestselling author's inspiring autobiographical account of personal pain spiritual awakening and divine grace inspiring sue monk kidd is a direct literary descendant of carson mccullers baltimore sun grounded in personal experience and bolstered with classic spiritual disciplines and scripture this book offers an alternative to fast fix spirituality bookstore journal blending her own experiences with an intimate grasp of spirituality sue monk kidd relates the passionate and moving tale of her spiritual crisis when life seemed to have lost meaning and her longing for a hasty escape from the pain yielded to a discipline of active waiting

Heart and Soul

1997

a fifteen year old boy is walking through a swirling fog on his way to school when a voice calls out come here we need to talk out of the mist emerges an old man with a white beard he is a fantastic figure as wizardly as merlin as wise as socrates as peaceful as buddha whoever he is the old man has appeared on that very day to change the boy's life you are old enough to learn about things he says mysteriously and who is going to teach you but me the old man gives the boy four days of soul training a time of riddles tricks parables and incredible twists that brings out surprising answers to each of four burning questions about spirituality do i have a soul how do wishes come true what is the supreme force in the universe how can i change the world the old man with the white beard showed me the spiritual side of life writes deepak chopra where real passion and excitement come from so before you begin take a deep breath this story could turn out to be yours

The Mystic Heart

2010-10-06

a culture of heart is vital if we are to heal the many wounds and splits that exist between different classes religions tribes and nations this book has been written from a place of great hope and joy based on knowledge that our world is changing and that the planetary heart is at last awakening

The Place of the Heart

2013-12-01

insisting that loving is the deepest truth about each person this warm and inspiring volume encourages people to live from love crafted to awaken the notion that all love is internal the book touches on such areas as spiritual exercises relationships with others loving through life s challenges and the importance of service love is the keynote of john roger s 40 years of teaching about living a life deeply in touch with the spirit and this inspirational book goes to the heart of his teachings

The Heartfulness Way

2022-09-14

it is with the heart that we believe when we receive jesus into our hearts we are declared his own and are transformed into his likeness into a new person in christ the sad reality is that while many christians truly believe they struggle to find a clear picture of how spiritual transformation is to take place in their life over and over the bible points to the heart as the agent of our transformation but the scriptures do not refer to the physical heart beating in our chests but could they what if the physical heart could serve as a compelling model of spiritual development and transformation drawing from examples in scripture as well as her own challenges with grasping the concept of spiritual transformation in the anatomy of the heart janeen dancy challenges readers to take a closer look at the physical heart for insightful analysis of the spiritual heart the hearts at the center of our physical life and spiritual life may be more similar than we know and a greater understanding of one may lead to a deeper understanding and ultimate victory in the other

Surrender to Love

2015-09-24

following the unprecedented response to her 1 new york times bestseller embraced by the light betty j eadie has shared her message with millions of readers eager to enrich their lives with the powerful faith hope and love she has so memorably described now she takes us to new levels of spiritual discovery addressing many of the concerns that affect us most by showing how she has transformed her own life with the mind opening vision that captivated the world the awakening heart expands on the invaluable knowledge and insights she has received giving us more revelations made known to her during her near death experience and in subsequent visions and visitations and showing us how the healing power of positive sacred energy can affect and uplift every aspect of our daily lives drawing on betty s own sometimes difficult spiritual awakening following her return to this life as well as the ennobling experiences shared by some of the people she has met on her journeys the awakening heart radiates the strength of unconditional love helping each one of us to seek and find the light of god within us book jacket title summary field provided by blackwell north america inc all rights reserved

When the Heart Waits

2016-09-20

this book contains 78 insightful reflections on god his ways and other aspects of the christian life each meditation encourages the practice of self examination and prayer and stimulates us to a more diligent examination of god s word

Fire in the Heart

2008-06-23

activist nun and spiritual guide joan chittister invites us to create a monastery within ourselves to cultivate wisdom and resilience so we can live more easily and give of ourselves more fully no matter our circumstances in every beating heart is a silent undercurrent that calls each of us to a place unknown to the vision of a wiser life to become what we feel we must be but cannot name so begins sister joan chittister s words on monasticism offering a way of living and seeing life that brings deep human satisfaction amid the recent global disruptions sister joan calls readers to cultivate the spiritual seeker within all of us however that may look across our diverse journeys the monastic heart carries the weight and wisdom of the benedictine spiritual tradition into the twenty first century sister joan draws

deeply from saint benedict a young man who sought moral integrity in the face of an empire in the sixth century not by conquering or overpowering the empire but by simply living an ordinary life extraordinarily well this same monastic mindset can help us grow in wisdom equanimity and strength of soul as we seek restoration and renewal both at home and in the world at a time when people around the world are bearing witness to human frailty and simultaneously the endurance of the human spirit the monastic heart invites readers to embrace a new beginning of faith without stepping foot in a monastery we can become like those before us a deeper freer self a richer soul and as a result a true monastic essential reading for anyone wishing to find the compass of their heart and the wellspring from which to live fully gregory boyle new york times bestselling author of tattoos on the heart

The Heart's Journey Home

1992

melchizedek a widely known and beloved spiritual teacher shares his experiences of living in the sacred space within the heart the author explains the processes and techniques he uses to enter this space and the profound joy it offers

Awakening the Universal Heart

2013

Living Love

2006-04-01

The Anatomy of the Heart

2016-04-05

The Awakening Heart

1996

The World in My Heart

1990

Spiritual Exercises of the Heart

2007-01-01

The Monastic Heart

2022-05-12

Living in the Heart

2003

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