

Where To Download Awakening To The Sacred Creating A Personal Spiritual Life Lama Surya Das Free Download Pdf

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An illustrated guide to harmonics--the sacred geometry principles that underlie the natural world--and its practical applications • Demonstrates how the vesica piscis is a matrix from which ideas and forms emanate, connecting cosmic time cycles, measures of space, and musical tones • Provides harmonic analyses of ancient sculpture, architecture, the solar system, the Earth-Moon relationship, and the structure of water and waves • Explains how to apply sacred geometry to create building floor plans, pottery figures, gardens, and sacred ceremonial spaces We are in the midst of a revival of an ancient way of looking at the world--an approach that enabled great civilizations of the past to bring forth inventions of great beauty and power. This school of thought--harmonics--envisioned the natural world and the solar system as an interlocking matrix of harmonious numbers, perfectly woven into the creative fabric of life and the surrounding universe. Exploring the art and science of harmonics, John Oscar Lieben shows how to create harmonious forms using the ancient tools of number, geometry, and musical tone--an approach that resonates with nature's own ways of creation. He demonstrates many practical applications that result from the study of harmonics, providing analyses of ancient sculpture and architecture, as well as original examples of building floor plans, pottery figures based on planetary proportions, gardens based on harmonic principles, and ceremonial spaces that honor cosmic harmonies and sacred geometric relationships. Showing how harmonics can also be applied to the mysteries of time and space, the author demonstrates how the vesica piscis and many other variations of the vesica shape reveal numerical synchronicities and correspondences that connect cosmic time cycles, measures of space, and musical tones. The author applies harmonics and the "vesica construction" matrix to illustrate many of nature's wonders, including the Earth-Moon relationship, the interactions of the Golden Number and the musical scale, and how the Flower of Life symbol connects the universal field with the pattern of raindrops falling on a pond. Offering an approach to sacred geometry that pairs the mystical with the practical, the cosmic with the earthly, the author reveals how the art and science of harmonics should be required study for both the artist and the seeker of eternal truths as well as the scientist who seeks an entrance into the sacred foundations of nature. She didn't know it at the time but when the author first launched her paddle board into the Chesapeake Bay, it would be the beginning of a great spiritual journey. This journey would bring many encounters with the presence of God in His inspiring creation. Through the synthesis of journaling, reflection and photography, and through the dual lenses of counselling and Christianity, this book was born. Provides simple and effective techniques on how to create harmony and abundance by clearing and enhancing home and workplace energies, and explains the link between inner peace and the buildings in which we live. Original. The Sacred Body Factories and the Creations of these eons old Arisings here in our Universe and beyond, are home to our Created Sacred Vessel -- our Sacred Body. As Soul, each of us chooses to explore what it is like to be "in" a Sacred Vessel, exploring an Ego Field that has as its primary ingredient no longer Feeling The Love We Are. This present work of nonfiction explores the content and Creative Manifestations of The Sacred Body Factories as well as the consequences of being in a Sacred Vessel, with its accommodative Sacred Nodal Energies, while "forgetting" Who/What We Really Are. Each of us is a mutually agreed- to Co-Creation of the Soul/Body Matrix with the Cosmos, and hence to honor, accept, allow, and above all else, LOVE Unconditionally this Unique Creation is Critical. How we Relate to the experiences we are having here in this Ego Field while feeling so cut off from the Love We Are is deeply explored in this work... "Things Happen" "We evolve" We do and say and create many things based in not Loving the self. Everything that is Created within the Sacred Body Factories, we are Co-Creating with Our Creator and with the many billions of personnel who work within and for The Sacred Body Factories - of which there are countless numbers all over the Universes. In fact, we are ourselves among these Beings who work within the Sacred Matrices of Love that so Create. We have been Gifted with many levels of experience in which to explore in this Universe and Beyond. Enjoy Your Sacredness, Your Sacred Body. Tend it Lovingly, with Great Care, Great Compassion and Consciousness. For You Created It and You are Lovingly Responsible for It. God Bless Shoh Nah In this liberating and enriching book, Dr. Wayne W. Dyer teaches us how to tap into the power of our higher selves and live each day, regardless of what we do, with a greater sense of peace and fulfillment. Your Sacred Self reveals a three-step program to help us understand our place in the world and develop a sense of satisfaction with ourselves and others. Step by step, we can change the way we experience life -- moving from our insatiable need for more, to an awareness of abundance; from a sense of ourselves as sinful and inferior, to an acceptance of ourselves as divine; from our hunger to achieve, to the detachment that brings true freedom. Inspiring, uplifting, and illuminating, Your Sacred Self can bring the profound words of this unique teacher and guide into our lives and our hearts. "In this beautiful, inspiring, and hands-on, practical book we are invited to look deeply at the landscape around us and create sacred respites from our busy worlds." —Rosemary Gladstar, herbalist and author We all need a personal sanctuary—a place where we can be in harmony with the natural world and can nurture our bodies, minds, and souls. And this sanctuary doesn't have to be an exotic destination, it can be in your own backyard. In Creating Sanctuary, Jessi Bloom taps into multiple sources of traditional plant wisdom to help readers find a deeper connection to the outdoor space they already have—no matter the size. Equal parts inspirational and practical, this engaging guide includes tips on designing a healing space, plant profiles for 50 sacred plants, recipes that harness the medicinal properties of plants, and simple instructions for daily rituals and practices for self-care. Hands-on, inspiring, and beautiful, Creating Sanctuary is a must-have for everyone seeking a new way to revitalize their lives. Contributes to American Indian ethnography by combining traditional creation stories of American Indian tribes with human origin theories from Darwin to Leaky to establish an Indian point of view toward creation Many of us long to connect with something greater than ourselves to experience the sacred in our daily lives, and to enhance our sense of spiritual enlightenment - yet often we don't know where to begin. Now, in Awakening to the Sacred, Lama Surya Das integrates essential Buddhist practices with a variety of other spiritual philosophies, wisdoms and traditions to show how we can create a personalized spiritual practice based on our own individual beliefs, aspirations and needs. Here, as he examines common themes that lie at the heart of any spiritual path, including faith, doubt, love and compassion - and explores rituals such as prayer, yoga and meditation - he provides practical advice on how we can nurture our inner spirit every day of our lives. With his unique and accessible approach, Surya Das emphasizes that we are all, by nature, spiritual beings and that our lives are naturally filled with sacred moments. Awakening to the Sacred illuminates the natural meditations already present in daily life, and shows how we can use them to awaken our hearts and minds, and progress towards inner peace, happiness and enlightenment. Any surface can become an altar. Geddes and Cunningham, with beautiful, inspirational photos and text that's both instructive and poetic, show us how. For women, they say, an altar can become a sacred space upon which to place symbols of her true self. Whether indoors or out, permanent or fleeting, an altar helps you to quickly focus on the spirituality inherent in common things -- the flicker of a candle flame, the heady scent of freshly picked lilacs. Part One of A Book of Women's Altars explains the cultural and historical background of the altar and why to create one. Making and using an altar literally clears a path for a woman through the clutter of her world. She creates a place where she is free to make her inner journey, where healing is abundant. Cunningham describes the process of selecting a theme, choosing a place, finding the right objects, and knowing when to change the altar. Part Two focuses on what to do with altars on special occasions. The author and photographer have created and illustrated -- with photographs and stories -- sixteen special altars. There are altars for the seasons of the year and the seasons of our lives -- including loss, remembrance, celebration of new life, and many more. Each has its own purpose, story, and ritual. Nancy Cunningham is an accomplished poet, author of A Book of Women's Altars, and workshop leader in yoga, meditation and ritual for more than 30 years. Honor life's milestones and bring sacredness into everyday life. The Book of Blessings and Rituals shows you how to create ceremony and meaning around the most important events in your life. Drawing from different world traditions, leading metaphysical teacher Athena Perrakis presents blessings to cover a wide array of occasions and intentions, including holidays and sacred days, love, healing, protection, prosperity and success, lunar blessings and rituals, and manifestation. Organized by month, you'll be able to celebrate the sacred all year long. Create medicine bundles and altars to support blessings and ceremonies Know which crystals to use to amplify rituals and clear energy Learn how to smudge for clearing and protection Use the power of invocations to assist in strengthening goals and intentions Deepen your experience of the sacred, find inspiration, and heal with this non-denominational guide to blessings and rituals. Lama Surya Das, author of the bestselling Awakening the Buddha Within, is the most highly trained American lama in the Tibetan tradition. In this elegant, inspiring book, he integrates essential Buddhist practices with a variety of other spiritual philosophies and wisdom traditions, to show you how to create a personalized spiritual practice based on your own individual beliefs, aspirations, and needs. Through reflections on his own life quest, thoughtful essays, and entertaining stories, Surya Das examines the common themes at the heart of any spiritual path, including faith, doubt, love, compassion, creativity, self-inquiry, and transformation. He then explores prayer, yoga, chanting, guided meditations, breathing exercises, and myriad other rituals, providing practical examples of each that we can use day-to-day to nurture our inner spirit. Using case studies from the Middle East, South Asia, Southeast Asia, and the Pacific Basin, this book examines the global trend of violence against religious places and figures. The contributors believe attacks on sacred places to be particularly damaging to peace and harmony because of the centrality of religion in many Asian and Pacific countries. A diverse range of topics are covered, including an empirical exploration of the global trends of violence against sacred spaces; attacks against and policies toward holy sites in Israel and the Palestinian Territories; the fate of Indian Islamic monuments after India gained independence in 1947; the Christian community's response to the increasing Islamization of Malaysia, and the future of communalism in Malaysia. Africa and Australia are also referenced in the work. Taken together, this volume explores the importance of protecting sacred spaces, holy symbols, and religious people as a crucial element in fostering peace in the world, and especially the Asia-Pacific region. The contributors argue that much of the violence in the world is rooted in politics of religious identity. Sacred cows--outdated and costly business practices such as the reports that are never read or a slow-down of innovative ideas--exist in every company. Inspired by insights gained from more than 450 programs conducted with all types of organizations, the authors of SACRED COWS MAKE THE BEST BURGERS show how corporations can kill off the sacred cows that are crippling them. From Jewish to Christian, Mormon to Pagan, women's sacred circles are sprouting up everywhere, in astonishing variety providing a haven where essential female values can be discussed and embraced. This much-needed guide celebrates the rich diversity of women's spiritual lives and offers practical, step-by-step advice for those who want to create and sustain a spirituality group of their own. Sacred Circle shows us how we can use a group to explore our relationship to the sacred, and honor the divine in everyday life. The authors, drawing from their own group experiences as well as those of many diverse groups around the country, share the model they've developed, while offering wise advice on how and why groups work. They propose circle basics, such as listening without an agenda and rotating leadership, and also offer reflections on the power of personal storytelling and thoughts on reclaiming and reinventing ritual. Women longing for a powerful and supportive feminine community in which to thrive spiritually will find vital wisdom here. Learn to create altars and sacred spaces to bring magic into your daily life with The Book of Altars and Sacred Spaces. This book is a call to examine the very nature of technology and to develop practices for meeting its many challenges. Illuminating, compelling, challenging, at times staggering in its breadth, A Road to Sacred Creation is above all the definitive text for gaining a hold on Rudolf Steiner's nuanced perspectives on technology. Charting both an inner and outer course--part pilgrimage toward greater perception and knowledge, part dramatic, unfolding plot line of the future of humans and machines, the metaphoric "road" of the title is exactly where humanity finds itself today, though the exact route and destination are still to be determined. The map is not yet drawn, but here is a beginning. Taken together, the relevant concepts, ideas, and insights of Rudolf Steiner, deftly brought into sequence and dialogue as Gary Lamb has done in this book, reveal how the work to arrive at a more spiritually imbued technological future not only involves all domains and fields of spiritual science and anthroposophical work, but has its origins in the very core of our being, fundamentally entwined with our moral progress toward freedom and selfless love. A bright and vibrant guide to contemporary knot making—learn knotting basics, create gorgeous pieces, and discover a meditative and meaningful crafting practice. The ancient craft of knotting connects our past to our present, helping us tap into ancestral wisdom and dream for the future, while grounding us in the present moment. It offers a meditative break from our busy lives, calming the mind in a tactile and engaging way. Through a journey of creative exercises and projects, this book offers tools to form a knotting practice that will fuel creativity and inspire mindfulness. With illustrated step-by-step instructions, you'll learn to tie basic knots and then develop skills further to create larger projects that focus on color and experimentation with unconventional materials. Along the way, you'll discover how to adapt knot tying to your own personal creative practice, use it as a way to manifest intentions, and embrace it as a platform for meditation. Projects such as the Pipa Knot Earrings, Sun Worshipper Statement Necklace, Colorblock Woven Knot Panel, and Double Coin Curtain go beyond the basics to incorporate various fiber art mediums and craft techniques spanning cord wrapping, jewelry making, macramé, tassel making, and more. Part inspirational, part how-to, this book guides the reader through creative projects that connect his or her spirituality to their creative process. Why is it that we are so drawn to and enticed by sacred geometry? They start with simple mathematical shapes, that combine to create elaborate illustrations of such beauty and elegance that we marvel at them. Beliefs, religious, spiritual and cultural, have been historically attached to them. The specific design and creation of each individual sacred geometric pattern is thought, among many cultures, not only to demonstrate an understanding of specific universal concepts, but to hold powers of mystical possibilities. The aim of this book is to provide an understanding of the history, creation and meanings of sacred geometry for those who are new to the subject, and to open an insight into the beliefs placed upon them with the hope that it will inspire the reader's interest and imagination and increase their enthusiasm. Enjoy learning how such simple shapes can evolve into inspiring and powerful patterns that weave through the fabric of our entire universe and reality. Creating the Sacred, dives into the world of the artists and organizers creating the beautiful and inspiring sacred art of FPMT. This collection of interviews and stories includes a history of Buddhist art, discussions of the benefits of holy objects, and an inside look at what goes into making Tibetan Buddhist thangkas, prayer wheels, and statues. While all of the collection's fourteen pieces come from back issues of Mandala, many are being made available in digital form for the first time! 2017 Edition. The author instructs readers in the art of dying, providing useful advice on how to create rituals around death that encourage sacredness and spirituality, while exploring difficult questions surrounding the act of dying and attendant care and offering thoughtful rituals and prayers to support the needs of the dying while comforting the living. Reprint. Outlines the principles and mechanics of the soul body, the spiritual vehicle that enables individual consciousness to survive the body's death • Shows that the ancient Vedic, Egyptian, Hebraic, and Pythagorean traditions shared and understood this spiritual practice • Reveals modern science as only now awakening to this ancient sacred science Ancient peoples the world over understood that individual consciousness is rooted in a universal field of consciousness and is therefore eternal, surviving the passing of the physical body. They engaged in spiritual practices to make that transition maximally auspicious. These practices can be described as a kind of alchemy, in which base elements are discarded and higher levels of consciousness are realized. The result is the creation of a vehicle, a soul body, that carries consciousness beyond physical death. These spiritual preparations are symbolized in the Vedic, Egyptian, and Hebraic traditions as a divine stairway or ladder, a step-by-step path of ascent in which the practitioner raises consciousness by degrees until it comes to rest in the bosom of the infinite, thereby becoming "immortal." This spiritual process explains the reincarnation of the Dalai Lama, for example, whose reincarnation is confirmed in infancy through physical and spiritual signs, indicating that the consciousness has been carried from one lifetime to the next. In Creating the Soul Body, Robert Cox maps the spiritual journey of consciousness behind this sacred science of immortality and reveals the practice of creating a soul body in detail. He also shows that this ancient spiritual science resembles advanced theories of modern science, such as wave and particle theory and the unified field theory, and reveals that modern science is only now awakening to this ancient science of "immortality." Land of Beautiful Vision is the first book-length ethnography to address the role of material culture in contemporary adaptations of Buddhism and the first to focus on convert Buddhists in New Zealand. Sally McAra takes as her subject a fascinating instance of an ongoing creative process whereby a global religion is made locally meaningful through the construction of a Buddhist sacred place. She uses an in-depth case study of a small religious structure, a stupa, in rural New Zealand to explore larger issues related to the contemporary surge in interest in Buddhism and religious globalization. Her research extends beyond the level of public discourse on Buddhism to investigate narratives of members of the Friends of the Western Buddhist Order (FWBO) about their relationship with the land, analyzing these and the FWBO's transformative project through a thematic focus on key symbolic landmarks at their site, Sudarshanaloka. In considering cross-cultural interactions resulting in syncretism or indigenization of alien religions, many anthropological studies concentrate on the unequal power relations between colonizing and colonized peoples. McAra extrapolates from this literature to look at a situation where the underlying power relations are quite different. She focuses on individuals in an organization whose members seek to appropriate knowledge from an "Eastern" tradition to remake their own society—one shaped by its unresolved colonizing past. A step-by-step guide to writing your own scripture using selections from major sacred texts, secular sources and your own words. Create Your Personal Sacred Text is a unique step-by-step guide to selecting and writing your own scripture. Bobbi Parish has developed and used this process both personally and professionally with clients over the course of a decade and has found its transformative powers to be universal. With a comprehensive resource guide to the world's major sacred texts and a selection of secular texts,

the book covers: What you need before you start Selection guidelines Writing your own scripture Text assembly Prayer, meditation, and other methods of seeking inspiration Ideas for using your text individually or communally And much more The process of creating a personal sacred text will enrich your spiritual life, and your finished text will be a source of wisdom and inspiration for many years to come. "An anthology of essays that discuss the ethics of money (including issues of wealth, income, expenditures, charity, debt, etc.) from a variety of Jewish perspectives." -- From generation to generation, people experience their landscapes differently. Humans depend on their natural environment: it shapes their behavior while it is often felt that deities responsible for both natural benefits and natural calamities (such as droughts, famines, floods and landslides) need to be appeased. We presume that, in many societies, lakes, rivers, rocks, mountains, caves and groves were considered sacred. Individual sites and entire landscapes are often associated with divine actions, mythical heroes and etiological myths. Throughout human history, people have also felt the need to monumentalize their sacred landscape. But this is where the similarities end as different societies had very different understandings, beliefs and practices. The aim of this new thematic appraisal is to scrutinize carefully our evidence and rethink our methodologies in a multi-disciplinary approach. More than 30 papers investigate diverse sacred landscapes from the Iberian peninsula and Britain in the west to China in the east. They discuss how to interpret the intricate web of ciphers and symbols in the landscape and how people might have experienced it. We see the role of performance, ritual, orality, textuality and memory in people's sacred landscapes. A diachronic view allows us to study how landscapes were 'rewritten', adapted and redefined in the course of time to suit new cultural, political and religious understandings, not to mention the impact of urbanism on people's understandings. A key question is how was the landscape manipulated, transformed and monumentalized – especially the colossal investments in monumental architecture we see in certain socio-historic contexts or the creation of an alternative humanmade, seemingly 'non-natural' landscape, with perfectly astronomically aligned buildings that define a cosmological order? Sacred Landscapes therefore aims to analyze the complex links between landscape, 'religiosity' and society, developing a dialectic framework that explores sacred landscapes across the ancient world in a dynamic, holistic, contextual and historical perspective. "The Direct Path is the Path to God without dogma or priests or gurus, the Path of DIRECT self-empowerment and self-awakening. Whether you know it yet or not, you have been on it since the day you were born." Today more Americans than ever consider themselves to be "spiritual" people, and yet regular attendance at religious institutions is down, perhaps because many of us are searching for a way to encounter the divine on our own terms. We long to connect with something greater than ourselves, but are often conflicted about the teachings and rituals of organized religions, or simply don't know where to begin. In this groundbreaking, eloquently written work, renowned religious scholar Andrew Harvey builds on his twenty-five-year study of the world's various mystical traditions—including Buddhism, Hinduism, Taoism, Sufism, the Kabbalah, and Christian mysticism—to create an illuminating spiritual map that anyone can use to develop a direct path to the divine. Andrew Harvey has devoted his life to the study and pursuit of the divine, and in The Direct Path he chronicles his own spiritual journey, revealing the events that led to his own disillusionment with the guru system, and the hierarchy and hypocrisy of many contemporary religious movements. He then provides us with the tools we need to cultivate a personal relationship with the divine without relying on gurus, churches, or other institutions and intermediaries. Drawing on mystical traditions from around the world, Harvey outlines eighteen sacred practices—including breathing, chanting, meditation, prayer, and the practice of lovingkindness—that readers can use to unite mind, body, and soul, and he streamlines them into a step-by-step guide to personalized spiritual development and enlightenment. He discusses the four stages of spiritual transformation—awakening, engagement, marriage, and birthing—and shows us how we can incorporate the sacred into everyday life through activities such as dieting and fasting, dancing, laughing, and healing exercises such as yoga and tai chi. Through practical lessons and exercises, Harvey guides us in excavating our spiritual self, and creating not only a path to the divine but to the millions of other selves who walk the earth with us. Perfect for anyone who, in this time of spiritual uncertainty, yearns for fresh teachings and wisdom that will bring them closer to their life's purpose and meaning, The Direct Path is an intelligent, beautifully crafted masterpiece from one of today's most celebrated and respected spiritual luminaries. This work argues that there is a universal message that can be found in the study of religions. It offers a comprehensive examination of religions and their meaning, bound by the hope and affirmation that in some way they are universally connected. It affirms a universalism by wisdom, which contends that a moral and spiritual wisdom can be found in many of the world's religions. Gives step-by-step instructions on creating altars that focus energy and reflect the spirit. A reminder of the Divine, a space for spiritual encounter, or a focal point for meditation—the altar is a powerful tool for people of all faiths. Sandra Kynes demonstrates how to create personal altars and empower these sacred spaces according to your needs. Discover how to harness energies to manifest change, make decisions, receive wisdom, find balance, explore your soul, and grow spiritually. Kynes's unique approach provides nine overall matrices—each one corresponding to the number of objects placed on the altar—and the numerical significance of each. You'll also find suggested meditations and a wealth of helpful information—spanning chakras, colors, days of the week, elements, gemstones, gods/goddesses, runes, and more—for choosing appropriate symbols and objects that reflect your needs. This book is timely -- as seemingly irreconcilable beliefs and assumptions polarise our efforts to resolve complex domestic and international social issues, and spiritual crises abound. It offers a reprieve from unrelenting anxiety and guilt about never being good enough, and helps you connect intimately with what truly feels sacred to you. Jean Raffa first explores several ways of thinking about God that express deep divisions in our own core and contribute to the dysfunctions of our culture. Then she brings forward an emerging way of thinking that may better serve our most urgent personal and social needs -- one that helps us discover how to bridge differences and integrate the "other" in ourselves, our personal relationships, and our world at large. More than any other book for the general public today, Healing the Sacred Divide explores the dynamic inter-play of two crucial pairs of opposites: masculinity/femininity and psychology/religion. Jean Raffa maintains that we don't find deep meaning through one-sided adherence to a set of "correct" beliefs, but by acknowledging divisions within ourselves to create mandorla consciousness. For her, the struggle to be fully conscious is the spiritual quest. "Honouring the feminine principle", she writes, "and integrating the opposites into our personalities, world-views, and God-images is the next and necessary step toward increased consciousness ... and the only lasting solution to individual and global strife". Lama Surya Das, the most highly trained American lama in the Tibetan tradition, presents the definitive book on Western Buddhism for the modern-day spiritual seeker. The radical and compelling message of Buddhism tells us that each of us has the wisdom, awareness, love, and power of the Buddha within; yet most of us are too often like sleeping Buddhas. In Awakening the Buddha Within, Surya Das shows how we can awaken to who we really are in order to lead a more compassionate, enlightened, and balanced life. It illuminates the guidelines and key principles embodied in the noble Eight-Fold Path and the traditional Three Enlightenment Trainings common to all schools of Buddhism: Wisdom Training: Developing clear vision, insight, and inner understanding—seeing reality and ourselves as we really are. Ethics Training: Cultivating virtue, self-discipline, and compassion in what we say and do. Meditation Training: Practicing mindfulness, concentration, and awareness of the present moment. With lively stories, meditations, and spiritual practices, Awakening the Buddha Within is an invaluable text for the novice and experienced student of Buddhism alike. Presents an overview of Western religion and folk traditions regarding home protection, purification, and sanctity, as well as the four archetypal design styles and how to combine them with the reader's unique style to create a space that nourishes the soul. Read this book if you are ready to let your ministry spin out of control. Then hang on, for wonderful changes are about to happen to your congregation. --Charles Ann, Church Growth, Inc. WINNER OF THE NAUTILUS BOOK AWARD Blending psychological insights with spiritual wisdom, this "brilliant and visionary" guide deconstructs the myth of the 'selfish' ego to provide a blueprint for fostering peace (Tara Brach, author of Radical Acceptance) Why have we failed to create the happy, peaceful world that we all want? And what can we do about it? For more than three decades, Jalaja Bonheim has explored these questions in her work with women leaders, activists, and spiritual seekers from around the world. In The Sacred Ego, she tackles one of the core myths of popular spiritual culture—the myth of the ego, supposedly responsible for our greed, selfishness, and violence. In contrast, Bonheim approaches the ego as a sacred function worthy of honor and gratitude. With riveting stories from her work, she guides us into the depths of our collective psyche to pinpoint the real sources of our problems and illuminate our path to wholeness. Firmly grounded in a lifetime of practical experience, The Sacred Ego is a visionary, uplifting book that explains why our world is in crisis and how we can support the unprecedented transformational process that's underway. The Sacred Table: Creating a Jewish Food Ethic is an anthology of diverse essays on Jewish dietary practices. This volume presents the challenge of navigating through choices about eating, while seeking to create a rich dialogue about the intersection of Judaism and food. The definition of Kashrut, the historic Jewish approach to eating, is explored, broadened and in some cases, argued with, in these essays. Kashrut is viewed not only as a ritual practice, but also as a multifaceted Jewish relationship with food and its production, integrating values such as ethics, community, and spirituality into our dietary practice. The questions considered in The Sacred Table are broad reaching. Does Kashrut represent a facade of religiosity, hiding immorality and abuse, or is it, in its purest form, a summons to raise the ethical standards of food production? How does Kashrut enrich spiritual practice by teaching intentionality and gratitude? Can paying attention to our own eating practices raise our awareness of the hungry? Can Kashrut inspire us to eat healthfully? Can these laws draw us around the same table, thus creating community? In exploring the complexities of these questions, this book includes topics such as agricultural workers' rights, animal rights, food production, the environment, personal health, the spirituality of eating and fasting, and the challenges of eating together. The Sacred Table celebrates the ideology of educated choice. The essays present a diverse range of voices, opinions, and options, highlighting the Jewish values that shape our food ethics. Whether for the individual, family, or community, this book supplies the basic how-tos of creating a meaningful Jewish food ethic and incorporating these choices into our personal and communal religious practices. These resources will be helpful if we are new to these ideas or if we are teaching or counseling others. Picture a beautiful buffet of choices from which you can shape your personal Kashrut. Read, educate yourself, build on those practices that you already follow, and eat well. Published by CCAR Press, a division of the Central Conference of American Rabbis Sacrifice is essential to all religions. Could there be a natural, even biological, reason? Why are sacrifice and numerous other religious rituals and concepts shared by so many different cultures? In this extraordinary book, one of the world's leading authorities on ancient religions explores the possibility of natural religion. Provides simple and effective techniques on how to create harmony and abundance by clearing and enhancing home and workplace energies, and explains the link between inner peace and the buildings in which we live. Original.

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