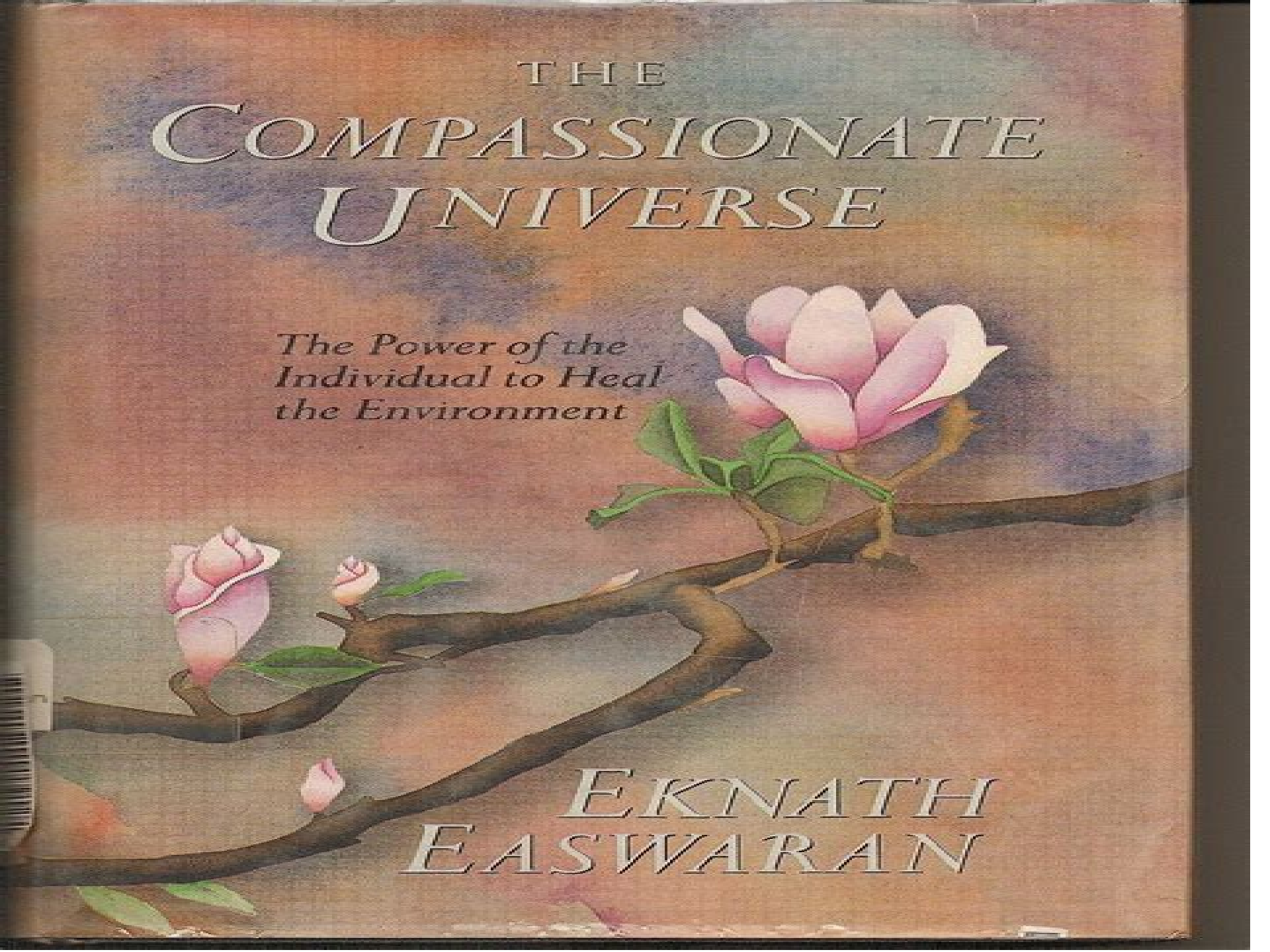


THE COMPASSIONATE UNIVERSE

*The Power of the
Individual to Heal
the Environment*



EKNATH
EASWARAN

The Compassionate Universe

Eknath Easwaran

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The Compassionate Universe:

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Noticing the Divine John R. Mabry, 2006-12-01 An essential textbook for beginning spiritual directors Noticing the Divine utilizes wisdom from the religions of the world to teach the basic skills

needed to offer spiritual direction to people of all traditions It introduces the foundational concepts and techniques needed to responsibly and professionally practice the art of spiritual guidance Among the religious traditions covered are Judaism Christianity Taoism Buddhism and Hinduism **Gandhi and Leadership** Satinder Dhiman,2016-04-29 In Gandhi and Leadership Professor Dhiman explores the moral and spiritual philosophical foundations and context of Gandhi s approach to leadership The book focuses on seven Gandhian values that are most relevant in the contemporary workplace **The Compassionate Mind** Paul Gilbert,2010 Leading depression authority Paul Gilbert presents The Compassionate Mind a breakthrough book integrating evolutionary psychology new insights from neuroscience and mindfulness practice This combination of techniques forms a new therapy called compassion focused therapy that can enhance readers lives **Amy Butler's Blossom** Amy Butler,2016-01-26 Amy Butler s Blossom magazine is a biannual collection of everything that inspires her page after page of photographs from her travels to spiritual locales such as Morocco and Sedona meditative articles from like minded designers artists and life coaches the signature designs and textiles that she creates from these inspirations plus her ongoing exploration of positive and joyful living Now available in print for the first time this irresistible look book compiles the first two issues of the magazine Brimming with photographs fashion art patterns and written pieces that reflect Amy s unique philosophy of life and style Blossom will capture the imagination of anyone in search of beauty and meaning

Creative Being Ernest Porps,2013-10-01 What do you have in common with Grandma Moses Oscar Wilde and Joni Mitchell Just like them you re fully equipped to realize any creative project you want to accomplish By the same token great problem solvers like Amelia Earhart and Albert Einstein simply knew how to tap into their innate human intelligence You already have everything you need to draw from the same vast inexhaustible source Creative Being isn t a formula or a motivational system Written by a university professor and perfected over years of road testing it reveals a practical methodology for uncovering and empowering the creative energy at work in our lives right this minute Our natural ingenuity is longing to burst free it needs only to be discovered and befriended This book will show you how Clear insightful and jam-packed with proven practices Creative Being lets you in on the secret of your own creative genius Use it at home at school at work in relationships in arts crafts commerce industry and politics At every level of your world these invaluable tools can unlock the inventions art works and solutions already seeded in your own intelligence Whether you re looking to activate your infinitely creative being or simply to sharpen your everyday problem solving skills this book can help you find the way *Returning to Silence* Dainin Katagiri,1988-04-12 A renowned Zen teacher and contemporary of Shunryu Suzuki explores the many pillars of Zen spirituality explaining how we can bring these practices into our daily lives For twenty five hundred years Buddhism has taught that everyone is Buddha already enlightened lacking nothing But still there is the question of how we can experience that truth in our lives In this book Dainin Katagiri points to the manifestation of enlightenment right here right now in our everyday routine Genuineness of practice lies in just living our lives

wholeheartedly The Zen practice of sitting meditation zazen is not a means to an end but the activity of enlightenment itself That is why Katagiri Roshi says Don t expect enlightenment just sit down Based on the author s talks to his American students Returning to Silence contains the basic teachings of the Buddha with special emphasis on the meaning of faith and on meditation It also offers a commentary on The Bodhisattva s Four Methods of Guidance from Dogen Zenji s Shobogenzo which speaks in depth about the appropriate actions of those who guide others in the practice of the Buddha Way Throughout these pages Katagiri Roshi energetically brings to life the message that Buddha is your daily life **The Seat of the Soul** Gary Zukav,2014-03-11 The author explores a new phase of human evolution that reflects a growing understanding about authentic spiritually based power based on cooperative beliefs and a reverence for life

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