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by Thomas D. Sowell, Jr. and Robert D. Woodberry

University of Chicago Press

The Heart Of Meditation Pathways To A Deeper Experience

Karin Nielsen-Saines



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Path of the Purified Heart Laura Dunham,2012-02-01 Path of the Purified Heart traces the classic Christian spiritual journey toward transformation into the likeness of Christ in a unique fascinating way Drawing on the voices of wise elders from the past and present Dunham illumines the common path all Christians and spiritual seekers may take toward union with God Through the motifs of the liturgical year and the labyrinth the author weaves in her own journey on this path during her year of purification

Courting Shakti Carla Faletti,2017-05-15 Shakti sits across the table from you in the corner of a dimly lit coffee shop Little twinkling lights strung along the ceiling appear to ooze with golden honey A single candle flame dances between the two of you casting mysterious plays of shadow and light on the captivating face of the Goddess Behind her is a wall of glass All at once you see her figure the glass people nestled under umbrellas on the sidewalk outside cars migrating on the city street raindrops gliding down the glass and reflections of light fixtures inside the shop shimmering behind you The air brushing your skin pulses in ecstatic dance You perceive reality in layers Time is your barista here The Goddess has reserved a table for you Will you take your seat Carla Faletti is a prophet of love a truth seeker and her voice is strong medicine of warmth persistence and a deep connection of love for our Soul Her gifts of poetry and prayers are golden Carrie Kondor inspirational speaker counselor and author of the popular e book 7 Ways to Raise Your Vibration and co contributor of the bestselling books 365 Moments of Grace and Life Shifts Carla s intriguing word pictures invite you to envision an expanded perspective of the world we all share Christine Graeter RN MSN PhD Director of Holistic Healing The Healing Space of Cincinnati

Yogini Janice Gates,2023-08-29 Shakti is the Sanskrit term for the feminine energy of the Divine Yogini is created for and by women and all who have a passion for yoga as a path and a way of life There is no other yoga book which addresses women s issues and concerns while 90% of yoga students are women the majority of yoga leaders have been men Yogini traces the rise of women teachers in modern yoga and offers women stories and ideas for what can be done off the mat to integrate yoga practice into daily life Here is an inspirational guide for the modern yogini offering a fresh perspective for everyone s yoga or spiritual practice The candid photos and personal stories of intention intuition and

devotion of many of today's leading yoga teachers Angela Farmer Nischala Joy Sarah Powers Shiva Rae Donna Farhi Anna Forest Rama Jyoti Vernon and Tenzin Palmo Contributing essayist Linda Sparrowe is the author of many bestselling yoga titles and is the former managing editor of Yoga Journal **Yoga for Emotional Trauma** Mary NurrieStearns,Rick NurrieStearns,2013-07-01 In Yoga for Emotional Trauma a psychotherapist and a meditation teacher present a yogic approach to emotional trauma by instructing readers to apply mindful awareness breathing yoga postures and mantras to their emotional and physical pain

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