

The Passionate Mind

A Manual for
Living Creatively
with One's Self

Joel Kramer

Co-author of *The Green Papers* and
of *The Passionate Mind Revisited*



The Passionate Mind A Manual For Living Creatively With Ones Self

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The Passionate Mind Joel Kramer, 1993-01-31 In *The Passionate Mind* Joel Kramer asserts that what we believe determines much of what we think and do the way we move the way we respond to people how we think of ourselves how we see the world in general His basic message stated in short clear prose is that passion is to be found only in the present moment and mainly through becoming aware of the thoughts flowing through our minds and through the primal process of observing our thoughts they begin to self correct From the author of *The Guru Papers* *The Passionate Mind* is a wonderful journey for anyone seeking to discover how to look at oneself

The Passionate Mind Revisited Joel Kramer, Diana Alstad, 2013-07-30 *The Passionate Mind Revisited* takes readers on a liberating inner journey into the workings of their mind that can transform the way people look at themselves and the world This expanded inquiry reflects the authors own and the world s evolution since *The Passionate Mind* came out in 1974 The original book focusing on the individual is now extended to social and philosophical spheres and global challenges exploring how the world s life threatening dramas are largely a function of people s genetic and cultural conditioning worldviews beliefs and values Kramer and Alstad assert that humanity is on an evolutionary cusp requiring further awareness and conscious social evolution Worldviews can create rigid beliefs and narrow identities that are destructive in a world of global impact While acknowledging the fallibility of any mental construction the book offers an evolutionary worldview deemed more likely than traditional worldviews or scientific materialism In exploring what it is to be a human social animal *The Passionate Mind Revisited* offers fresh vantage points on life s core issues the nature of thought authority and belief pleasure and pain desire and fear identity love and care freedom power gender time meditation violence and evolution By demonstrating how to inwardly see and break through one s conditioning the authors delve deeply into the nature and processes of the mind including how subjectivity filters perception This approach to self inquiry can help free people from mechanical responses that develop from unexamined beliefs and habits Dysfunctional worldviews and their values inhibit the creative solutions much needed in a perilous world of runaway change This book through its discussion and methodology fosters curiosity and truth seeking Kramer and Alstad offer new insights on personal and global issues that can facilitate a necessary shift to conscious social evolution

The Guru Papers Joel Kramer, Diana Alstad, 2012-06-19 One of the most comprehensive erudite and timely explorations of power dynamics and authoritarianism in religions institutions relationships and even personal struggles San Francisco Chronicle Book Review Authoritarian control which once held societies together is now at the core of personal social and planetary problems and thus a key factor in social disintegration Authoritarianism is embedded in the way people think hiding in culture values daily life and in the very morality people try to live by In *The Guru Papers* authors Joel Kramer and Diana Alstad unmask authoritarianism in areas such as relationships cults 12 step groups religion and contemporary morality Chapters on addiction and love show the insidious nature of authoritarian values and ideologies in the most intimate corners of life

offering new frameworks for understanding why people get addicted and why intimacy is laden with conflict By exposing the inner authoritarian that people use to control themselves and others the authors show why people give up their power and how others get and maintain it **The Gift of Our Compulsions** Mary O'Malley,2010-10-06 To some degree we are all compulsive Our struggles range from overworrying and overworking to overeating and alcohol and drug abuse When we realize we are compulsive our main reaction until now has been to try to control our behavior but when we try to control our compulsions they control us If we do manage to stop one another always seems to take its place Over the past three decades Mary O Malley has developed a revolutionary approach to healing our compulsions She gently invites us to be curious about them to engage them and ask ourselves questions that help us understand our behaviors She shows us how lasting healing can come from being curious and forgiving rather than controlling and shameful Compulsions then become our teachers Her book is filled with new perspectives and simple techniques that anyone can easily grasp *Insight Yoga* Sarah

Powers,2020-09-15 Acclaimed yoga and meditation teacher Sarah Powers is known and loved for her unique approach Insight Yoga which combines traditional yoga with the meridians of Chinese medicine as well as Buddhist meditation Using Yin passive and Yang dynamic poses she demonstrates a series of different yoga sequences that bring benefit to organs muscles joints and tendons as well as the mind She also provides a foundational explanation of traditional Chinese medicine theory and mindfulness meditation instruction Sarah Powers brings us on an inspiring journey inward and shows the path for cultivating a lasting relationship with yoga that cultivates and strengthens our physical well being and our mental and emotional clarity **International Meditation Bibliography, 1950-1982** Howard R. Jarrell,1985 See Reviews

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The Publishers Weekly ,2005

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