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Hey, you told them you were praying for them, and that lets them know you care. But perhaps you need a fresher course on how to properly vague-book. Hammer and Nigel are here to help with their latest ...

Facebook's Latest Feature Should Be Popular With The Spiritual Crowd

Meditation also can help you connect with your spiritual side and

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possibly to a higher power ... adapted from *Meditation for Dummies* by Stephan Bodian: As with anything new, once you've tried ...

The Beginner's Guide to Meditation

Today, the shelves of mainstream bookstores offer an array of books on spirituality, from writings on Buddhism, Christianity, and physics by His Holiness the Dalai Lama to *Spirituality for Dummies* and, ...

Reckoning with Spirit in the Paradigm of Performance

With little professional experience, Dolette McDonald was hired in 1980 as a back-up singer by David Byrne of Talking Heads strictly on the recommendation of a common friend. Four years of touring and ...

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ACT II for Dolette McDonald

While it would be inappropriate to call a self-help book on repentance in the period of the Days of Awe "Teshuva (Repentance) for Dummies", I ... and foremost a rich, spiritual – and highly ...

New: Tal Chayim, A Practical Guide to Self-Improvement

You sometimes sense there's a spiritual backstory to Ben's subjects ... En route, Ben swots up by reading Buddhism for Dummies, but he's still clearly bamboozled by monastic life.

Ben Fogle: New Lives in the Wild

I know it is a sign of ingratitude on the part of the author, if he raises both hands against a certain popularity that has befallen

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something which is called his spiritual brainchild ... the world ...

*The Author of the Robots Defends Himself**

Then find some friend or some priest or some teacher who can engage your spiritual curiosity ... including “Religion for Dummies,” co-written with Fr. Tom Hartman. Real Estate Guide Your ...

The God Squad: More questions from the theology class at Mercy High School in Middletown

See my book, Cool Careers for Dummies for guidance ... Even if you're an atheist, developing spirituality about your career or finding faith in a mission can be a powerful motivator.

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Rejuvenate Your Career

There's the Jobs for Life program, for one, which provides spiritual direction and in-the-trenches instruction ... after a visitor pointed out the book "Grant Writing for Dummies " on a shelf. "Oh, ...

Pull up a chair: Memories of Sister Brendan

At the center of the gathering was the man who considers himself to be Rabbi Ashlag's successor, Michael Berg, spiritual leader and co-director of the Kabbalah Center and the author of several ...

"Kabbalah for the Masses" Visits Israel

Like the force of buoyancy that pushes a cork up to the surface after being pushed down by a wave, God offers us spiritual buoyancy ... including "Religion for Dummies," co-written with ...

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The God Squad: More short Psalms for summer Bible study - Psalm 43

He created a spiritual force that made this city renowned in the 16th ... us as we witness his plot unfolding in the great drama of life. Christianity isn't for dummies Recently, I spoke with a friend ...

Van Ens: John Calvin captivates evangelicals

Tourists flock to Varanasi to experience its intense spirituality ... I considered myself just a step beyond "Hinduism for Dummies"; I saw Upadhyay on textbook level. For seven years, he has ...

Hotel Death

Perhaps it was an overreaction to the resurgence of polished teen

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pop on MTV and on the radio; at one point, the punk band the Offspring brought out inflatable dummies dressed as the Backstreet ...

Woodstock '99 and the Rise of Toxic Masculinity

World Cup For Dummies: What Needs To Happen For The US ...

World CupThe players and coaches have been channeling their inner spiritual animal this year.

Want to get in touch with your spiritual side? Spirituality For Dummies. 2nd Edition, shows you how to use spiritual principles to understand and improve your life, empower you mind, and nourish your soul. Complete with a CD filled with calming, spiritual music,

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it is your personal guide to serenity and spiritual healing. Spiritual philosopher Sharon Janis shows you how to discover the deeper calling of your soul, survive and thrive through adversity, and look at the world with optimism. You'll learn how to use meditation, yoga, prayer, and journaling for inward reflection and to spark new vistas as you unfold your own spiritual wisdom and move forward on your spiritual journey in your own individual way. You'll find similarities and differences among a variety basic spiritual concepts from different religious and philosophical traditions, and you'll discover how to:

- Find your spiritual path
- Uplift your body, mind, and spirit
- Fulfill your greatest dreams
- Spiritualize your relationships
- Cultivate your spiritual virtues
- Increase your inner peace and happiness
- Turn troubles into triumphs
- Recognize yourself as a co-creator
- Be a VIP: a very inspired person

The companion CD that

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accompanies this gentle guide brings you more than 60 minutes of inspirational music from around the world. It features the author and other artists performing songs and chants from Christian, Jewish, Buddhist, and Hindu traditions in their native languages. Note: CD-ROM/DVD and other supplementary materials are not included as part of eBook file.

This book is about Catholic spirituality, which the author christens it as ‘Catholic Christian Spirituality’, which introduces this spirituality to those who dream about knowing it clearly and observing it validly and fruitfully but not fully realized their dream yet. It is a compilation of the Catholic Christian Spirituality’s Scriptural foundations, its historical explications of the Church, its multi-dimensional applications, and its inner and outer dynamics.

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Definitely the sole difference of this book from others, as the author writes, is the fact that “it is a book written with my red and warm blood as a personal journal of my experiential spirituality as a cradle New Age Catholic.” Though this post-modern age is judged as one of the most secular ones, even as many comment it is an age of irreligiosity there are actually millions of people around the globe being hungry for spirituality and earnestly looking for help with their inner lives. Too many self-declared sages propose too many strategies as they like. Fr. Vima observes in those dealings many are too extreme or too sentimental or too conservative and liberal or too wordy and theoretical. With a heart of pastor, serving in many parishes in the States, he offers this book to the Catholic Christian friends who live, move in this turbulent period. This book is supposed to join in that group of works. In no way it seeks to be

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exhaustive or conclusive handbook or textbook on Catholic Christian spirituality or any sort of spiri-tual guidance. It consists of discussions on the basic elements of Catholic Christian spirituality, its various types, its motives and especially its dynamics. The author underlines this book's uniqueness as he writes: "In human communication it is said, 'one visual is worth thousand words'.

Take an inward journey for a happier, healthier life Meditation has been used for centuries to reduce stress, increase energy, and enhance overall health and well-being—so it's no wonder more and more people in today's fast-paced and stress-centric world are adopting this age-old practice. If you want to achieve a greater state of calmness, physical relaxation, and psychological balance,

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Meditation For Dummies is your life raft. Covering the latest research on the health benefits of meditation, this new edition explains in plain English how you can put meditation into practice today and start reaping the benefits of living a more mindful life. Whether you're new to meditation or a seasoned practitioner coming back for a refresher course, this plain-English guide provides a wealth of tips and techniques for sitting (or lying) down with your mind to meditate successfully. From preparing your body for meditation to focusing your awareness and being open to the present moment, it covers everything you need to put distractions to rest and open yourself up to a meditation practice that works for you. Provides the latest research on the causes of happiness and how meditation can improve your mood Includes a new chapter on the growing trend of meditation in the workplace Explains how

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meditation and other mindfulness practices have made their way into hospitals, schools, prison, and military groups Illustrates the benefits of taking time to consciously cultivate mindfulness through meditation If you're ready to find some zen and benefit from all meditation has to offer, this friendly guide sets you up for success.

The popular guide-over 80,000 copies sold of the first edition-now revised and enhanced with an audio CD of guided meditations According to Time magazine, over 15 million Americans now practice meditation regularly. It's a great way to reduce stress, increase energy, and enjoy better health. This fun and easy guide has long been a favorite with meditation newcomers. And now it's even better. For this new edition, author Stephan Bodian has added an audio CD with more than 70 minutes of guided meditations that

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are keyed to topics in the book, from tuning in to one's body, transforming suffering, and replacing negative patterns to grounding oneself, consulting the guru within, and finding a peaceful place. The book also discusses the latest research on the health benefits of meditation, along with new advice on how to get the most out of meditation in today's fast-paced world. Stephan Bodian (Fairfax, CA and Sedona, AZ) is a licensed psychotherapist and the former editor-in-chief of Yoga Journal. He has written for Fitness, Alternative Medicine, Cooking Light, and Tricycle and is the coauthor of Buddhism For Dummies (0-7645-5359-3).

In *The Rule of Benedict for Beginners*, Wil Derkse describes how individuals -- and organizations as well -- who function apart from a monastery may emulate elements of Benedictine spirituality and

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follow the Benedictine motto of "worship and work" in their daily schedules. Book jacket.

From Feng Shui to holistic medicine, from aromatherapy candles to yoga weekends, spirituality is big business. It promises to soothe away the angst of modern living and to offer an antidote to shallow materialism. *Selling Spirituality* is a short, sharp, attack on this fallacy. It shows how spirituality has in fact become a powerful commodity in the global marketplace - a cultural addiction that reflects orthodox politics, curbs self-expression and colonizes Eastern beliefs. Exposing how spirituality has today come to embody the privatization of religion in the modern West, Jeremy Carrette and Richard King reveal the people and brands who profit from this corporate hijack, and explore how spirituality can be

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reclaimed as a means of resistance to capitalism and its deceptions.

Provides information on a variety of techniques, including simple breathing, guided imagery, and yoga, to achieve a deep level of healing relaxation.

The definitive guide to understanding Taoism—no matter your background or faith Lao Tzu's Tao Te Ching is the second most translated book in the world, and the practice of religious Taoism is on the rise in China, where adherents currently number in the hundreds of millions. Yet there remains a remarkable lack of reliable information about Taoism for curious westerners. Taoism For Dummies provides comprehensive coverage of Taoism's origins in China's Chou Dynasty, its underlying quietist principles, its

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emergence as a major religion, various interpretation of its core texts, including both Eastern and Western interpretations, key Taoist concepts, and much more. It also provides a fascinating glimpse of Taoism in contemporary China. The ideal guide for readers interested in this influential religion, as well as those taking an introductory course on Taoism or Chinese Religion A valuable source of insight for those with an interest in modern Chinese culture and beliefs

Are you baffled by the Book of Revelation? Understand the purpose, key themes, and symbolism of the most fascinating book in the Bible with *The Book of Revelation For Dummies*, an easy-to-understand guide that will help you grasp the enduring messages of Revelation and apply them to your life. You will understand what

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Revelation says about the past, present, and future, and how it relates to the rest of the Bible. You will learn how this mysterious book of the Bible fits into a historical context. You'll discover all kinds of interesting facts about the apostle John and learn about the details of his world. You will be able to choose a perspective for interpreting this book of the Bible and decipher the many haunting symbols. There is no need to read this reference guide from cover to cover; simply browse the table of contents or flip through the pages to find the answers and assistance that you need. Discover how to:

- Interpret the prophecy of the Revelation
- Place it in historical context
- Understand how it relates to other books in the Bible
- Unravel the details of the apostle John's life and world
- Choose a perspective for understanding
- See the grander scheme of things
- Complete with lists of the ten most commonly asked questions

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about end times and the ten rules of thumb for interpreting scripture, The Book of Revelation For Dummies will help you understand and decode one of the most perplexing books in the Bible!

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