

# Ordinary Magic



Everyday Life  
as Spiritual Path

EDITED BY JOHN WELWOOD

# Ordinary Magic Everyday Life As Spiritual Path

**Cheryl Demerath Learn**



## **Ordinary Magic Everyday Life As Spiritual Path:**

**Ordinary Magic** John Welwood, 1992-09-15 Spiritual practice and meditation are often thought of as being the province of priests monks and nuns those few individuals who have returned from the preoccupations of day to day life This inspiring book reveals how the simple practice of mindfulness can be a magical and transformative part of anyone s daily life Thirty five wide ranging essays written by well known spiritual teachers therapists and creative artists show how learning to focus awareness can bring a new richness to ordinary activities how mindfulness can heighten creative pursuits such as painting journal writing or playing music how contemplative awareness enhances both physical and psychological well being and how meditation can contribute to better relationships with family community and the world at large Yoga Journal ,1993-01 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty *The Tao of Contemplation* Jasmin Lee Cori, 2000-01-01 Cori presents a new look at the concept of relaxation and handling stress as she provides exercises that teach how to drop into silence let go of control live in the present and allow actions to come from a deeper source *The Psychology of Mature Spirituality* Polly Young-Eisendrath, Melvin Miller, 2002-01-04 At the threshold of the 21st Century many people are faced with a spiritual dilemma where neither secularism nor religion seem adequate The Psychology of Mature Spirituality addresses this dilemma In each of the book s three sections integrity wisdom and transcendence distinguished contributors describe and analyse a mature form of spirituality that will be a hallmark of future years This timely volume will appeal to those involved in psychology psychoanalysis and religious studies The Story of Ramakrishna Mission Advaita Ashrama, 2006

**Mindfulness and Educating Citizens for Everyday Life** Malgorzata Powietrzynska, Kenneth Tobin, 2016-07-23 Mindfulness and Educating Citizens for Everyday Life invites readers to explore the role mindfulness can play in mediating how we enact social life in today s increasingly challenging and challenged world The educators and researchers who have contributed to this book use mindfulness as a lens to address and untangle what is becoming a profoundly complicated way of being within the reality of global capitalism Education is framed broadly the research transcends the walls of classrooms and includes museums nursing homes hospitals AA meetings and homes Hence the chapters feature participants occupying varied social positions and spaces that may be situated in different parts of the globe The authors address two overarching and dialectically related themes of mindfulness and wellness and collectively the chapters expand possibilities for readers to act mindfully in a world in which wellness and wellbeing are pervasive concerns as a fragile Earth adapts to a dynamic flux of human led changes that threaten the future of lifeworlds that support humanity and myriad species that face extinction The authors do not offer oversimplified solutions to dramatically switch direction and preserve life as we have known it Instead

the ideas that emerge from the research presented in this volume expand possibilities for informed conduct self help and educating citizens with a goal of individuals and collectives transforming lifeworlds by embracing mindfulness saturated ontologies *The Journal of Transpersonal Psychology* ,1996 *Yoga Journal* ,1993-03 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty

**Older Women's Experience of Spirituality** Cheryl Demerath Learn,1996 Originating as a Ph D dissertation for the U of Colorado in 1993 this study revised and with a new preface and index investigates the older women s experience of spirituality and spiritual caring through in depth interviews with eight women over 70 years of age The volume provides a review of the literature methodological considerations the essential features of spirituality quilt making as a metaphor for the process of spiritual development and feminist and nursing perspectives on older women s spirituality Annotation copyright by Book News Inc Portland OR

**The New American Spirituality** Elizabeth Lesser,1999 Elizabeth Lesser offers up a rich cornucopia of lessons for the soul in *The New American Spirituality* a warm and fascinating account of a modern pilgrimage Daniel Goleman Ph D author of *Emotional Intelligence* In the crowded field of books dealing with spirituality psychology and religion what has been missing is a comprehensive authoritative guide to the many choices facing spiritual seekers today *The New American Spirituality* fills that need This encouraging empowering user s manual for the soul teaches you how to chart a unique and personal path through the diverse landscapes of the American spiritual quest In 1977 Lesser cofounded the Omega Institute now America s largest adult education center focusing on wellness and spirituality Working with many of the eminent thinkers and practitioners of our times in the fields of religion psychology mysticism science and healing Lesser found that the hunger for a spiritual life can be satisfied by a rich blend of the world s wisdom traditions In *The New American Spirituality* she synthesizes the lessons she has learned from different belief systems and intertwines them with illuminating stories from her life as a seeker teacher daughter wife and mother She answers pertinent questions how do you determine what is right for you from the many strains of the modern spiritual search how do you assess a teacher or practice how can you gauge your progress while warning of the tendency to miss out on real growth by merely dabbling in the latest fads Recounting her own trials and errors and offering meditative exercises as well as references to some of the world s great spiritual teachers Lesser provides directions through the four landscapes of the spiritual journey the mind developing awareness learning meditation easing stress and anxiety the heart finding what one really loves dealing with grief and loss becoming fully alive the body returning the body to the spiritual fold healing coping with aging and the fear of death the soul naming God for ourselves exploring other realms of consciousness trusting the mysterious nature of the universe developing compassion and forgiveness Warm accessible and wise *The New American Spirituality* is a cross disciplinary sourcebook for

the millions of Americans who whether or not they participate in an organized religion wish to incorporate a more meaningful joyful and individualized spirituality into their daily lives      **Awakening at Midlife** Kathleen A. Brehony,1996 A Jungian oriented psychotherapist Kathleen Brehony illuminates a new path for people on their midlife journey Jacket      *Art Therapy* ,2000      Turning Wheel ,1992      **A Path Less Traveled** Daniel V. Folkman,1999      *A Woman's Guide to Overcoming Sexual Fear and Pain* Aurelie Jones Goodwin,Marc E. Agronin,1997 This gentle guide uses clinical examples and women s personal accounts to chart a course to sexual enrichment Through exercises and suggestions for specific disorders readers understand their own sexuality 10 illustrations Charts      **A Retreat with Mother Teresa and Damien of Molokai** Joan Guntzelman,1999      **Tricycle** ,1992      Aging as a Shared Journey Monteen Lucas,2000-03      *Where the Heart is* Julianne Bennett,Mimi Luebberrmann,1995 The home is an integral part of our social fabric Where the Heart Is is an intimate thought provoking book on the many facets of the true meaning of home with contributions from Louise Hay Mollie Katzen Ram Dass Sue Halpern and many more A percentage of profits from the sale of the book will be donated to Habitat for Humanity  
The House that Feminist Imagination Builds Corinna S. Hasbach,1995

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