

EXPLORING YOUR LIFE

Mindfulness Meditation
and Secular Spirituality

MARK W. GURA

Exploring Your Life Mindfulness Meditation And Secular Spirituality

**Sarah Shaw, Kate Crosby, Roger R.
Jackson, Gil Fronsdal**



Exploring Your Life Mindfulness Meditation And Secular Spirituality:

Exploring Your Life Mark W. Gura, 2015-02-05 Finally a book about meditation and meaning in life that is based on reason not religious or supernatural explanations Provocative and truly inspirational One of the best books I've ever read Rachel Patel We think we perceive reality but we live in our minds in self created realities hypnotized by our conditioning and habitual ways of thinking I am sure seekers will find much to support their efforts to awaken in this book Jack Elias Neuroscience finds that spontaneous acts of mindfulness decrease stress depression and anxiety increasing overall well being But studies also show that purposeful mindfulness techniques such as vipassana or mindfulness meditation are even more powerful Mindfulness meditation re wires the brain in a way that decreases physical pain and psychological suffering Exploring Your Life Mindfulness Meditation and Secular Spirituality examines the different roles we play in life the power of mindfulness and the concept that inner peace does not require religion or gurus belief in God's the afterlife or the supernatural Full Preview Version Contains the essentials

Exploring Your Life Mark W. Gura, 2015-04-30 How to practice spirituality without religion Neuroscience finds that spontaneous acts of mindfulness decrease stress depression and anxiety increasing overall well being But studies also show that purposeful mindfulness techniques such as vipassana or mindfulness meditation are even more powerful Mindfulness meditation re wires the brain in a way that decreases physical pain and psychological suffering Exploring Your Life Mindfulness Meditation and Secular Spirituality examines the different roles we play in life the power of mindfulness and the concept that inner peace does not require religion or gurus belief in God's the afterlife or the supernatural

The Meditation Miracle: Transform Your Life with Mindfulness for Stress Relief, Better Sleep, Enhanced Cognitive Performance, Emotional Healing, and Personal Growth, 2024-07-08 Discover the life changing power of meditation in The Meditation Miracle Transform Your Life with Mindfulness for Stress Relief Better Sleep Enhanced Cognitive Performance Emotional Healing and Personal Growth This comprehensive guide unlocks the secrets of an ancient practice that has captivated millions worldwide offering a path to profound transformation in just minutes a day Are you struggling with the relentless pace of modern life Feeling overwhelmed by stress sleepless nights and a mind that won't quiet down You're not alone In today's fast paced world finding inner peace can seem like an impossible dream But what if the key to unlocking your full potential was already within you waiting to be discovered Embark on a journey of self discovery as we explore the scientifically proven benefits of meditation Melt away stress and anxiety reclaiming your inner calm Experience deeper more restful sleep waking up refreshed and energized Sharpen your focus and boost cognitive performance excelling in work and life Heal emotional wounds and cultivate lasting happiness Unlock your true potential for personal growth and self realization This isn't just another self help book it's a practical roadmap to transformation Drawing from ancient wisdom and cutting edge neuroscience The Meditation Miracle demystifies meditation making it accessible and relevant for the modern world Whether you're a busy professional a stressed out student or simply seeking a more fulfilling life this book

offers tailored techniques to suit your unique needs and lifestyle Inside you ll discover A step by step guide to starting your meditation practice even if you ve never meditated before Various meditation techniques from different traditions helping you find the perfect fit The fascinating science behind meditation s effects on the brain and body Real life success stories of individuals who have transformed their lives through meditation Practical tips for integrating mindfulness into your daily routine no matter how busy you are Strategies for overcoming common obstacles in your meditation journey Advanced techniques for deepening your practice and exploring altered states of consciousness But The Meditation Miracle goes beyond just teaching meditation techniques It offers a holistic approach to well being exploring how meditation can enhance every aspect of your life Improve your relationships through increased empathy and emotional intelligence Boost your creativity and problem solving skills Enhance your physical health from reducing chronic pain to supporting cardiovascular wellness Cultivate a deeper sense of purpose and spiritual connection regardless of your beliefs Written in an engaging accessible style this book breaks down complex concepts into easy to understand language making the profound benefits of meditation available to everyone With short focused chapters and practical exercises you can start experiencing the benefits of meditation from day one Don t let another day pass feeling stressed unfocused or disconnected from your true potential The Meditation Miracle offers more than just information it provides a transformative experience that can ripple through every aspect of your life Whether you re looking to reduce stress improve your health boost your performance or explore the depths of your consciousness this book is your ultimate guide Are you ready to unlock the extraordinary power within you To experience the peace clarity and joy that come from a regular meditation practice To not just survive in the modern world but to thrive Your journey to a more mindful fulfilling life begins here Open the pages of The Meditation Miracle and take the first step towards transforming your mind your health and your life Don t wait for the perfect moment to start your practice that moment is now Get your copy today and join the millions who have discovered the life changing benefits of meditation Your future self will thank you for taking this powerful step towards a happier healthier more awakened you The miracle of meditation awaits are you ready to experience it *The Holy Thoughts of Spiritual Incense* The eternal monk

AJAYHRITIK,2024-05-24 In *The Holy Thoughts of Spiritual Incense* readers are invited on a transformative journey of self discovery and spiritual awakening Through the metaphor of incense the book explores the power of intention mindfulness and connection to the divine Drawing upon ancient wisdom traditions and personal insights each page is infused with sacred teachings and practical guidance for cultivating inner peace and harmony From the art of mindful breathing to the practice of gratitude the book offers a wealth of wisdom to nourish the soul and awaken the spirit [Lifedancing](#) Linda L.

Lawless,2016-01-06 People say that what were all seeking is a meaning for life I dont think thats what were really seeking I think that what were seeking is an experience of being alive so that our life experiences on the purely physical plane resonate with our own innermost being so that we actually feel the rapture of being fully alive JOSEPH CAMPBELL The

measure of intelligence is the ability to change Albert Einstein Become the Master of Your Lifes Movement Change is often NOT easy to create or survive Most people slog along from day to day until their proverbial boat gets leaks or sinks Be prepared for life storms using the LifeDancing approach LifeDancing is a step by step process that easily looks at the big picture of your life problem solves visions your dreams plans creates action and feedback and guides and enhances your daily dance of life Using LifeDancings Self Directed Well Being approach you are invited to create your LifeDance now and savor your applause For counselors life coaches and psychotherapists LifeDancing is a tool you can use for yourself and with clients to teach self management and self directed well being skills There are tools you can use in a crisis as well as life and future building moments Discover the LifeDancing Master Class and the LifeDancing Journal www.LifeDancing.com

Relaxation For Dummies Shamash Alidina, 2012-03-19 New ways to embrace relaxation every day *Relaxation For Dummies* provides a straightforward guide to understanding the importance of relaxation in our readers day to day lives Covering a variety of simple relaxation techniques including meditation breathing techniques hypnotherapy guided imagery and yoga this book shows readers how to use physical and emotional relaxation to combat a range of issues including stress anxiety phobias and fears The book is accompanied by an audio CD that provides accompanying relaxation exercises for readers to follow *Relaxation For Dummies* Shows readers how to understand the meaning of relaxation Provides relaxation strategies to help you take it easy Teaches the benefits of healthy breathing Allows the reader to harness the powers of Yoga and Tai Chi to increase well being Note CD files are available to download when buying the e Book version

Mindfulness for Beginners: Quick and Easy Meditation Techniques for Stress Relief, Focus, and Inner Peace to Transform Your Life and Boost Mental Health with Simple Daily Practices (A Short Guide) Andrea Febrian, 2024-07-07 Are you feeling overwhelmed by the constant demands of modern life Do stress and anxiety leave you feeling drained and unfocused Discover the transformative power of mindfulness meditation in this essential guide for beginners *Mindfulness for Beginners* offers a refreshing approach to finding calm in the chaos This concise yet comprehensive book will teach you quick and easy meditation techniques that can be seamlessly integrated into your busy schedule Whether you re a stressed out professional a frazzled parent or simply someone seeking greater balance and peace this book is your roadmap to a more mindful existence Inside you ll discover Simple step by step instructions for various meditation practices tailored for beginners Practical strategies to reduce stress and anxiety through mindfulness Techniques to sharpen your focus and boost productivity in your daily life Methods to cultivate inner peace and emotional resilience The science behind meditation and its positive effects on mental health Tips for creating a sustainable daily meditation routine Unlike other meditation guides that require hours of practice this book focuses on bite sized techniques that deliver powerful results Learn how just a few minutes of mindfulness each day can lead to significant improvements in your overall well being You ll explore a variety of meditation styles including Breath awareness meditation for instant calm Body scan techniques for deep relaxation Loving kindness meditation to foster

compassion Mindful walking to integrate awareness into movement Visualization practices for stress relief and positive thinking But this book goes beyond just teaching meditation techniques It delves into the foundations of mindfulness helping you understand the why behind the how You ll gain insights into the four pillars of meditation practice mindfulness concentration awareness and equanimity Learn how these elements work together to create a more balanced and centered you Mindfulness for Beginners also addresses common obstacles in meditation practice offering practical solutions to help you overcome challenges and maintain consistency Whether you re struggling with a wandering mind physical discomfort or lack of time you ll find strategies to keep your practice on track What sets this book apart is its focus on real world application You ll learn how to bring mindfulness into your everyday activities transforming routine moments into opportunities for presence and growth From mindful eating to conscious communication discover how to infuse your entire life with greater awareness and intention The author draws on both ancient wisdom and cutting edge research to present a well rounded approach to meditation You ll explore how different cultures and traditions approach mindfulness gaining a broader perspective on this universal practice At the same time you ll learn about the latest scientific findings on meditation s effects on the brain and body understanding how these simple practices can lead to profound physiological and psychological benefits This book isn t just about finding temporary relief from stress it s about embarking on a journey of self discovery and personal growth As you progress through the chapters you ll develop greater self awareness emotional intelligence and a deeper connection to yourself and the world around you Mindfulness for Beginners is more than just a meditation guide it s a toolkit for transformation Each chapter builds upon the last guiding you from basic concepts to more advanced practices By the end of the book you ll have a solid foundation in mindfulness meditation and the tools to continue your journey independently Are you ready to take the first step towards a calmer more focused and more fulfilling life Don t let another day pass by in a blur of stress and distraction Open this book and open the door to a more mindful way of living Start your meditation journey today and discover the profound impact just a few minutes of daily practice can have on your mental health relationships and overall quality of life Your path to inner peace begins here Pick up Mindfulness for Beginners now and transform your life one breath at a time The journey to a more mindful you starts with turning this first page

The Enlightened Mindset Sergio Rijo, 2023-09-02 In *The Enlightened Mindset Cultivating Spiritual Awareness in Everyday Life* readers are invited on a profound journey of self discovery and inner transformation This transformative guide takes you beyond the ordinary and into the realm of the extraordinary where everyday life becomes a sacred journey Drawing from ancient wisdom and modern insights this book provides a comprehensive roadmap to infusing your daily existence with spiritual awareness It transcends religious boundaries and embraces the universal principles that unite us all in our quest for meaning and purpose Throughout these pages you ll explore essential topics such as mindfulness meditation gratitude and the power of self reflection Practical exercises and techniques empower you to bring these concepts to life in your own daily

routine fostering a deep sense of presence and connection Discover the significance of identifying and aligning your personal values with your spiritual growth creating a life of authenticity and purpose Learn the art of compassionate communication building authentic relationships that nurture your soul and support your journey The Enlightened Mindset doesn't just stop at personal growth it delves into the realm of legacy and service You'll explore how acts of kindness and generosity can not only enrich your life but leave a lasting impact on the world Explore different spiritual paths and rituals to find what resonates with your soul and learn how to incorporate them into your daily life Travel as a spiritual journey embrace change with grace and build resilience through spirituality Create a daily routine that nourishes your mind body and spirit and find inspiration in the ordinary moments of life Connect with like minded individuals and discover the power of community on your spiritual path As you journey through these pages you'll leave behind resentment and grudges embracing forgiveness as a path to healing and liberation Cultivate inner peace and serenity amidst life's chaos celebrating the milestones you achieve on your spiritual journey The Enlightened Mindset is more than just a book it's a guide a companion and a source of inspiration It equips you with the tools insights and wisdom to lead a more mindful meaningful and spiritually connected life This book is a roadmap to a life of authenticity compassion and purpose a life where everyday moments are infused with the sacred

Open MBSR Mo Edjlali, 2025-08-12 A Community Centric Framework for Learning Teaching and Sharing Mindfulness In *Open MBSR Reimagining the Future of Mindfulness* author Mo Edjlali charts a bold new path for mindfulness based stress reduction Building on Jon Kabat Zinn's foundational work this book addresses the systemic challenges undermining mindfulness today from power concentration and Buddhist entanglement to rigid frameworks and one dimensional thinking Drawing from diverse sources including the Agile Methodology Quaker traditions and Acceptance and Commitment Therapy ACT Edjlali offers a transformative framework built on open collaboration collective wisdom and genuine secular integrity Inside you'll discover Clear eyed critique of the challenges facing contemporary mindfulness Framework bridging neuroscience psychology and contemplative practice with secular clarity Practical strategies for adapting mindfulness programs across diverse settings and populations Open source principles for collaborative learning and community driven development Written for meditation teachers mindfulness program administrators and wellness professionals *Open MBSR* provides a unifying and adaptable framework for evolving mindfulness teachings and practices to meet contemporary needs

Ultimate Sleep and Relaxation Meditations Ultimate Meditation Academy, Do you want to be able to get fall asleep faster or reduce your anxiety and insomnia If so then keep reading Do you have problems falling asleep Relieving stress Reducing your anxiety Or having a high quality sleep If you do this book will help you to counter these problems by reading relaxing content which can help you get to rest much more easily In *Ultimate Sleep and Relaxation Meditations* you will discover A Relaxing meditation script that will guide you on getting to sleep The best meditation technique used to counter anxiety The easiest meditation techniques to prevent insomnia Why following this script will prevent you from feeling drained

and tired And much much more The proven teachings are so easy to follow Even if you ve never tried meditation for preventing and countering sleep deficiency anxiety and insomnia before you will still be able to get to find success following the soothing material So if you re ready to start your journey to have much better quality sleep stop anxiety and prevent insomnia then click BUY NOW in the top right corner NOW

The End of Trauma George A. Bonanno,2021-09-07 With groundbreaking research on the psychology of resilience Adam Grant a top expert on human trauma argues that we vastly overestimate how common PTSD is in and fail to recognize how resilient people really are After 9 11 mental health professionals flocked to New York to handle what everyone assumed would be a flood of trauma cases Oddly the flood never came In *The End of Trauma* pioneering psychologist George A Bonanno argues that we failed to predict the psychological response to 9 11 because most of what we understand about trauma is wrong For starters it s not nearly as common as we think In fact people are overwhelmingly resilient to adversity What we often interpret as PTSD are signs of a natural process of learning how to deal with a specific situation We can cope far more effectively if we understand how this process works Drawing on four decades of research Bonanno explains what makes us resilient why we sometimes aren t and how we can better handle traumatic stress Hopeful and humane *The End of Trauma* overturns everything we thought we knew about how people respond to hardship

The Seven-Day Soul Susannah Healy,2019-02-07 An essential book about the transformative power of a grounded spiritual life Jack Canfield internationally bestselling author of *Chicken Soup for the Soul* This wonderful blend of science and spirituality provides a clear path to finding deeper meaning and joy in life A beautiful read Marci Shimoff No 1 New York Times bestselling author of *Happy for No Reason* In *The Seven Day Soul* psychologist and mindfulness meditation teacher Susannah Healy explores the importance of the everyday practice of spirituality She examines its place in modern day culture and makes a case for elevating its value citing cutting edge research that reveals significant benefits to health and personal growth This ground breaking book guides us through spiritual and scientific teachings to show that spirituality is something that can offer meaning to everyone and can be applied to all aspects of our lives including relationships parenting career education and mental health Everyday life and our responses to its challenges is our practice ground for becoming better happier versions of ourselves and more compassionate giving members of society Including meditations simple exercises and case studies *The Seven Day Soul* is a book of gentle wisdom to live by

Mindfulness and Meditation For Dummies, Two eBook Bundle with Bonus Mini eBook Shamash Alidina,2012-12-06 Two complete eBooks for one low price AND a bonus mini edition Created and compiled by the publisher this bundle brings together two enlightening titles and a bonus mini edition of *50 Ways to a Better You* With this special bundle you ll get the complete text of the following two titles and the following mini edition *Mindfulness For Dummies* A cutting edge meditation therapy that uses self control techniques mindfulness has taken off across the globe as a way of overcoming negative thoughts and emotions and achieving a calmer more focused state of mind Written by a professional

mindfulness trainer this practical guide covers the key self control techniques designed to help you achieve a more focused and contented state of mind while maximizing the health benefits of mindfulness from reducing stress anxiety and high blood pressure to overcoming depression and low self esteem and battling chronic pain and insomnia Meditation For Dummies 3rd Edition Meditation is a great way to reduce stress increase energy and enjoy better health It is believed to result in a state of greater calmness and physical relaxation and psychological balance Plus practicing meditation can change how you relate to the flow of emotions and thoughts in your everyday life This fun and easy guide has long been a favorite with meditation newcomers and now it s even better Meditation For Dummies offers a newly recorded bonus CD available for download after purchase featuring more than 70 minutes of music and guided meditations that are keyed to topics in the book from tuning in to your body transforming suffering and replacing negative patterns to grounding yourself consulting the guru within and finding a peaceful place 50 Ways to a Better You Mini Edition Now you can find the happiness you want and live the good life you deserve by applying the helpful information in this easy to follow guide You ll discover proven techniques for living a meaningful healthy and productive life no matter what your life circumstances happen to be You ll learn why having positive emotions can improve your health and well being Plus you will find out what happiness isn t and how to avoid confusing happiness with culturally valued outcomes like wealth power and success Pursue what you want seize the day find benefits in life s challenges and live a happy lifestyle About the Author of Mindfulness For Dummies Shamash Alidina is a professional mindfulness trainer speaker and coach specializing in mindfulness training for therapists coaches and executives as well as the general public He has trained with Jon Kabat Zinn Thich Nhat Hanh and Matthieu Ricard and at Bangor University s Centre for Mindfulness He has over ten years of experience in teaching mindfulness About the Author of Meditation For Dummies 3rd Edition Stephan Bodian a licensed psychotherapist and former editor in chief of Yoga Journal has practiced and taught meditation for over 40 years and has written extensively on meditation stress management and spirituality His articles have appeared in Fitness Cooking Light Natural Solutions and other national magazines About the Author of 50 Ways to a Better You For Dummies Mini Edition W Doyle Gentry PhD is a clinical psychologist whose scientist practitioner career spans almost four decades Dr Gentry is a distinguished Fellow in the American Psychological Association and is the Founding Editor of the Journal of Behavioral Medicine He has authored over 100 scholarly works has edited eight textbooks and has authored three self help books including Happiness For Dummies

Secularizing Buddhism Sarah Shaw, Kate Crosby, Roger R. Jackson, Gil Fronsdal, 2021-08-03 A timely essay collection on the development and influence of secular expressions of Buddhism in the West and beyond How do secular values impact Buddhism in the modern world What versions of Buddhism are being transmitted to the West Is it possible to know whether an interpretation of the Buddha s words is correct In this new essay collection opposing ideas that often define Buddhist communities secular versus religious modern versus traditional Western versus Eastern are unpacked and critically examined These reflections by contemporary scholars

and practitioners reveal the dynamic process of reinterpreting and reimagining Buddhism in secular contexts from the mindfulness movement to Buddhist shrine displays in museums to whether rebirth is an essential belief This collection explores a wide range of modern understandings of Buddhism whether it is considered a religion philosophy or lifestyle choice and questions if secular Buddhism is purely a Western invention offering a timely contribution to an ever evolving discussion Contributors include Bhikkhu Bodhi Kate Crosby Gil Fronsdal Kathleen Gregory Funie Hsu Roger R Jackson Charles B Jones David L McMahan Richard K Payne Ron Purser Sarah Shaw Philippe Turenne and Pamela D Winfield

Everyday Mindfulness Abi Miller, The world is moving faster than ever before We are constantly connected bombarded with information and pressured to achieve more be more and do more This relentless pace takes a toll on our mental and emotional well being leaving many of us feeling stressed anxious and overwhelmed We crave moments of calm and clarity but finding them amidst the constant demands of modern life seems like an elusive dream But what if I told you that the key to finding peace clarity and contentment lies not in escaping the world but in embracing the present moment What if I told you that mindfulness is not a mystical practice reserved for monks but a simple accessible tool that can be integrated into your everyday life Mindfulness is the practice of being fully present in the moment observing our thoughts feelings and sensations without judgment It s about noticing the subtle nuances of our experiences from the rhythm of our breath to the taste of our food without getting caught up in the whirlwind of our minds In this book we will explore a range of practical and accessible mindfulness practices that you can incorporate into your daily routine From mindful breathing exercises to cultivating awareness in everyday activities we will discover how to navigate the challenges of modern life with greater ease reduce stress and cultivate inner peace Through simple yet profound techniques we will learn to Calm the mind Discover the power of mindful breathing to quiet the incessant chatter of the mind and find a sense of inner peace Connect with your body Explore body scan meditations and mindful movement practices to cultivate a greater awareness of your physical sensations and foster a sense of body acceptance Observe your thoughts Learn to observe your thoughts without judgment detaching from negative patterns and cultivating a more positive and balanced perspective Embrace your emotions Explore mindfulness techniques for navigating challenging emotions finding calm in the storm and cultivating self compassion Strengthen your relationships Discover how to bring mindfulness into your interactions with others fostering empathy compassionate communication and deeper connections Find fulfillment at work Explore how to create a more mindful and fulfilling workplace reducing stress enhancing productivity and fostering a sense of purpose Embrace the everyday Discover the transformative power of bringing mindfulness into your daily routine from mindful commuting and household chores to mindful shopping and technology use [The Resilience Road](#) Lucas Martin,2024-12-20 Discover a transformative guide to personal growth and resilience with *The Resilience Road Redefining Your Life with Mindfulness and Growth Mindset* This comprehensive book delves deeply into the five essential pillars of personal development mindfulness a growth mindset

emotional intelligence self confidence and resilience Drawing on proven techniques and scientific research it offers practical exercises and actionable insights to empower you to thrive in every aspect of your life This book is not just a collection of principles it s a journey With over 75 000 carefully crafted words including a detailed 45 question Q A section it serves as both a guide and a companion for navigating challenges fostering positive change and achieving long term fulfillment Whether you re new to self development or a seasoned seeker of growth you ll find tools and strategies tailored to your unique path In The Resilience Road you ll explore How to harness mindfulness to live fully in the present moment Techniques to shift from a fixed mindset to one of continuous growth and learning The power of emotional intelligence in building deeper connections and managing stress Proven methods to boost self confidence and overcome self doubt Strategies to cultivate resilience and stay optimistic through life s challenges Each chapter is enriched with relatable stories practical worksheets and exercises designed to help you integrate these pillars seamlessly into your daily life The book s 45 Q A section addresses real life concerns providing clarity encouragement and personalized guidance on common obstacles faced during personal transformation Whether you re looking to manage stress improve relationships or embrace a new chapter of growth The Resilience Road equips you with the tools to succeed It s more than a book it s a blueprint for a better more fulfilled version of yourself Begin your journey today and redefine what s possible

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Atheist Meditation Atheist Spirituality Mark W. Gura, 2015-07-14 Finally a book about

meditation and meaning in life that is based on reason not religious or supernatural explanations Provocative and truly inspirational One of the best books I ve ever read Rachel Patel We think we perceive reality but we live in our minds in self created realities hypnotized by our conditioning and habitual ways of thinking I am sure seekers will find much to support their efforts to awaken in this book Jack Elias Atheist Meditation Atheist Spirituality is a guide and memoir which shows that spirituality and meditation can be practiced without faith in God s gurus or the supernatural Techniques such as mindfulness and vipassana meditation have been practiced for thousands of years are corroborated by reason psychology and neuroscience and help develop a sense of compassion charity and the pursuit of meaning and knowledge These secular practices are consistent with the best science available and are perfect for atheists skeptics humanists freethinkers as well as all others who wish to practice spirituality without religion or reference to supernatural forces This is the complete version of the book contains 214 pages Note The difference between Atheist Meditation Atheist Spirituality and Exploring Your Life is that Exploring Your Life is an expanded edition and it s intended for a general audience while Atheist Meditation begins with a special message to the atheist community

Mindfulness mastery: transform your life with present moment awareness George Wilton,2024-04-23

Am I Dreaming? James Kingsland,2019-08-01 When a computer goes wrong we are told to turn it off and on again In *Am I Dreaming* science journalist James Kingsland reveals how the human brain is remarkably similar By rebooting our hard wired patterns of thinking through so called altered states of consciousness we can gain new perspectives into ourselves and the world around us From shamans in Peru to tech workers in Silicon Valley Kingsland provides a fascinating tour through lucid dreams mindfulness hypnotic trances virtual reality and drug induced hallucinations An eye opening insight into perception and consciousness this is also a provocative argument for how altered states can significantly boost our mental health

A Life at Work Thomas Moore,2009-01-06 A job is never just a job It is always connected to a deep and invisible process of finding meaning in life through work In Thomas Moore s groundbreaking book *Care of the Soul* he wrote of the great malady of the twentieth century the loss of soul That bestselling work taught readers ways to cultivate depth genuineness and soulfulness in their everyday lives and became a beloved classic Now in *A Life s Work* Moore turns to an aspect of our lives that looms large in our self regard an aspect by which we may even define ourselves our work The workplace Moore knows is a laboratory where matters of soul are worked out *A Life s Work* is about finding the right job yes and it is also about uncovering and becoming the person you were meant to be Moore reveals the quest to find a life s work in all its depth and mystery All jobs large and small long term and temporary he writes contribute to your life s work A particular job may be important because of the emotional rewards it offers or for the money But beneath the surface your labors are shaping your destiny for better or worse If you ignore the deeper issues you may not know the nature of your calling and if you don t do work that connects with your deep soul you may always be dissatisfied not only in your choice of work but in all other areas of life Moore explores the often difficult process the obstacles blocks and hardships

of our own making that we go through on our way to discovering our purpose and reveals the joy that is our reward He teaches us patience models the necessary powers of reflection and gives us the courage to keep going A Life s Work is a beautiful rumination realistic and poignant and a comforting and exhilarating guide to one of life s biggest dilemmas and one of its greatest opportunities

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