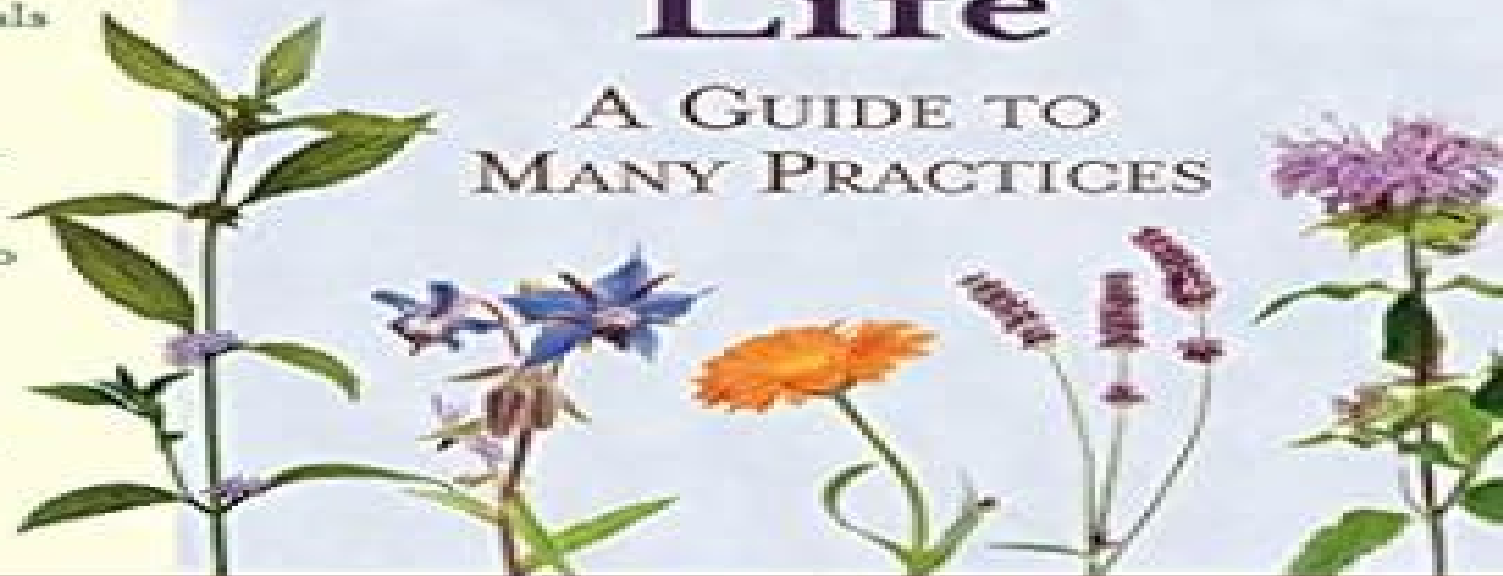


the art of spiritual living

- meditations and prayer ceremonies throughout history
- creating a spiritual herb garden
- birth and end-of-life rituals
- blessing ceremonies for garden and worship space
- herbs for healing the troubled spirit

Everyday Herbs in Spiritual Life

A GUIDE TO
MANY PRACTICES



Written and Illustrated by **MICHAEL J. CADUTO**
coauthor of the *Keepers of the Earth* series

Foreword by **ROSEMARY GLADSTAR**
cofounder, Sage Mountain Herbal Retreat Center and Botanical Sanctuary

Everyday Herbs In Spiritual Life A Guide To Many Practices

Huangqi Zhang



Everyday Herbs In Spiritual Life A Guide To Many Practices:

Everyday Herbs in Spiritual Life Micheal J. Caduto, 2012-06-28 Enhance and enrich your spiritual journey with the power of herbs Herbs have been essential to spiritual beliefs and practices throughout time and history From Christian Scripture to Hindu observances Jewish ritual to early Islamic literature Native American traditions to Buddhist symbolism plants are seen as a blessing from God and a way to remain in harmony with Spirit In this fun informative and engaging guide you will be delighted by the history of the religious and spiritual use of herbs in many faith traditions and inspired by creative ideas on how to use herbs for spiritual growth Unique and soul strengthening activities can teach you how to Create herbal art inspired by your faith Craft herbal wreaths pillows and soaps from herbs selected for their spiritual qualities Prepare herbal teas infused oils meals and condiments with herbs chosen for their ability to nurture strengthen and heal Make candles infused with herbs that promote balance and centering Nourish the soul with herbal sachets and potpourri Use incense and smudge sticks to imbue clarity and purity Design a simple herb garden of plants chosen from among different spiritual traditions Construct spaces in which to use herbs for reflection and meditation

Living into Hope Rev. Dr. Joan Brown Campbell, 2010-09-01 Step beyond the walls of the church and into the thick of humanity Joan Brown Campbell's career can be regarded as prophetic For Joan faith has meant engagement with the world and its pain Her words remind us that at its best religion should not narrow our horizons but enable us to live more fully should not cause us to withdraw from the world but to do our utmost to make it a better place from the Foreword by Karen Armstrong Drawing on her amazing life experiences Rev Dr Joan Brown Campbell speaks out on the pressing issues that face us today love justice reconciliation forgiveness and community With a bold distinctive voice this visionary minister asserts that we have the capacity to transcend the barriers that separate us from one another She poses that Who is my neighbor may be the most crucial question in our world where so many are hungry and hurting and weary of war She calls us to live life fully not carefully or cautiously but wholly engaged with the world and with the messiness of humanity She dares us to act as the people we are called and created to be to claim our freedom to care to risk and to step out into the unknown Capturing the essence of her wisdom gained from years of world travel and experience Campbell offers inspiration and challenge for all who would claim their lives as people of hope

Spiritually Healthy Divorce Carolyne Call, 2011-05-06 Chart a Course to Wholeness in the Aftermath of Divorce Divorce tends to rip away your facade and defenses and call into question what you know or believe That vulnerability is painful but ultimately can bring you to a place where your spiritual life can gain strength and insight if you are open to it In the midst of feeling lost you can find a new path forward which brings you to a better place from the Introduction Divorce is never easy and almost always includes profound experiences of pain isolation anger despair and confusion Here is a spiritual map for regaining your bearings helping you move through the twists and turns of divorce in a spiritually healthy way Drawing on her work as a pastor and counselor and her personal experience with divorce Carolyne

Call proposes a three prong approach to help you reset your compass on a new destination wholeness Supported by first person accounts from men and women from a variety of faith traditions who have found their way through divorce she helps you identify Where you want to go I want to be true to who I am Where you don t want to go the cul de sacs of bitterness resentment victimization and guilt What you can do to get there

Selections from Confessions and Other Essential Writings Saint Augustine (Bishop of Hippo.), Joseph T. Kelley, 2010 The restless heart and searching mind of this influential early church father can offer spiritual and intellectual companionship for your spiritual journey Augustine of Hippo 354 430 theologian priest and bishop is one of the most important figures in the development of Western Christianity He is known as much for his long interior struggle that ended with conversion and baptism at age thirty two as for his influential teachings on human will original sin and the theology of just war Cherished as a model for the pursuit of a life of spiritual grace and criticized for his theory of predestination Augustine is recognized as a living expression of the passion to understand and communicate the deeper meanings of human experience With fresh translations drawn from Augustine s voluminous writings and probing facing page commentary Augustinian scholar Joseph T Kelley PhD provides insight into the mind and heart of this foundational Christian figure Kelley illustrates how Augustine s keen intellect rhetorical skill and passionate faith reshaped the theological language and dogmatic debates of early Christianity He explores the stormy religious arguments and political upheavals of the fifth century Augustine s controversial teachings on predestination sexuality and marriage and the deep undercurrents of Augustine s spiritual quest that still inspire Christians today

The Hebrew Prophets, 2011-04-04 Fresh translation and facing page annotations bring the compelling wisdom of the Hebrew prophets to life Hundreds of commentaries and dozens of Bible translations make the Hebrew prophets available to modern day readers but most often these sources focus on history or apologetics losing the reader who is searching for spiritual insight The Hebrew Prophets Selections Annotated Explained makes the wisdom of these timeless teachers available to readers with no previous knowledge of the prophets With fresh contemporary commentary Rami Shapiro reveals the central themes covered by all the prophets moving from ignorance to wisdom injustice to justice cruelty to compassion and despair to joy This unique look at the Hebrew Prophets sharpens the personal nature of their message and highlights their critique of the spiritual errors we all face in life challenging readers to correct those errors and experience a life of awakening and joy

The Infancy Gospels of Jesus, 2011-06-30 Early Christian legends of divine power miraculous events fear and admiration can inform your own spiritual journey The three principal infancy gospels the Infancy Gospel of James the Gospel of the Infancy and the Infancy Gospel of Thomas are accounts of the births and early lives of Mary the Virgin Mother and Jesus Originating in the second through fifth centuries these apocryphal stories are fictions but nevertheless of great historical interest in terms of the beliefs and storytelling of early Christians for they are the sources of well known Christian legends as well as of some of Christianity s beloved heroes and heroines This fascinating and accessible exploration of formative influential narratives takes

you deep into the early Christian religious thinking that provides the basis for Marys biography ideas about her purity as well as the prayers feasts and iconic representations that celebrate her life These extraordinary folktales also provide some shocking imagery of the young Jesus the incarnation of Godequally human and divineas he learns to control his supernatural powers and apply them for good Now you can experience the mystery and amusement of these charming folktales without any previous knowledge of early Christian history or thought This SkyLight Illuminations edition offers insightful yet unobtrusive commentary that explains references and philosophical terms shares inspiring interpretations and gives you a deeper understanding of the sources of devotion Christians feel for Mary and the holy infant Jesus *All Politics is Religious* Dennis Sidney Ross,2012 A practical and empowering resource this book provides ideas and strategies for expressing a clear forceful and progressive religious point of view that is all too often overlooked and under represented in public discourse

Spiritual Gems of Islam Jamal Rahman,2013 Refine your heart and mind with the wisdom of Islamic spirituality To live a meaningful life one that brings us joy contentment and fulfillment we have to do the inner spiritual work of becoming a more complete human being from the Introduction Over the centuries Islamic sages have gleaned timeless spiritual insights and practices from sacred texts meditation and knowledge of the heart gems that have been passed down from generation to generation This book invites you no matter what your practice may be to access the treasure chest of Islamic spirituality particularly Sufism and use its wealth to strengthen your own journey The riches include guidance drawn from the Qur an sayings of the Prophet Muhammad and Sufi poets such as the thirteenth century Rumi on cultivating awareness intentionality and compassion for self and others This book also features entertaining wisdom teaching stories especially those of Mulla Nasruddin Islam s great comic foil to expand the mind and heart It breaks down barriers to accessing this ancient tradition for modern seekers by dispelling myths about the Muslim faith concerning gender bias inclusivity and appreciation for diversity Regardless of where you are on your spiritual journey you will find these gems worthy additions to your own treasure chest within **Laugh Your Way to Grace** Susan Sparks,2010-04 Laughter the GPS System for the Soul Laughter

was honored by the ancients as a spiritual healing tool and celebrated by the world s great religions So why aren t we laughing along the spiritual path today What would happen if we did In this personal and funny look at humor as a spiritual practice Rev Susan Sparks an ex lawyer turned comedian and Baptist minister presents a convincing case that the power of humor radiates far beyond punch lines Laughter can help you Remove the fearful mask of a God who doesn t laughDebunk the myths that you don t deserve joyFind perspective when faced with adversityExercise forgiveness for yourself and othersReclaim play as a spiritual practiceHeal emotionally physically and spirituallyKeep your faith when God is silentLive with elegance beauty and generosity of spirit Whatever your faith tradition or if you have none at all join this veteran of the punch line and the pulpit in reclaiming the forgotten humor legacy found in thousands of years of human spiritual history

Our Religious Brains Ralph D. Mecklenburger,2012 This is a groundbreaking accessible look at the implications of

cognitive science for religion and theology intended for laypeople Avoiding neurological jargon and respectful to all faiths it examines **Birthing God** Lana Dalberg, 2013 A variety of women relate Spirit filled moments In doing so they invite you to consider the origins of your own spirituality and to deepen your relationship with God *Labyrinths from the Outside in (2nd Edition)* Donna Schaper, Carole Ann Camp, 2013 The user friendly interfaith guide to making and using labyrinths for meditation prayer and celebration updated revised and expanded A labyrinth is a circuitous path that people have used as a form of prayer and meditation for thousands of years a path that is being rediscovered as a spiritual tool in our own day There are now thousands of labyrinths in North America made of stone cement sunflowers grass or canvas indoors and outdoors in Christian Pagan and even nonreligious settings and adaptable for use by people of all spiritual backgrounds This guide explains how the labyrinth is a symbol that transcends traditions and how walking its path brings us together Here is your entry to the fascinating history and philosophy of the labyrinth walk with directions for making a labyrinth of your own or finding one in your area and guidance on ways to use labyrinths creatively for Prayer Stress reduction Meditation Commemorating personal or family milestones Faith rituals Celebrations of all kinds Labyrinths a twenty first century method of approaching the sacred are a spiritual practice more ancient than Stonehenge or the ruins of Troy This practical and inspiring guide will help you to explore them *Honest to God Prayer* Kent Ira Groff, 2012 Maybe you're praying and you don't even know it In this unique and encouraging guide to prayer Kent Ira Groff a longtime retreat leader and inspiring writer poet explores how to engage in spirituality that blesses your soul and the world Whether you're advanced or just starting on your spiritual path this practical prayer path breaker will lure you in with its novel combination of touching real life stories pithy thoughts and inspiring prayer practices For those turned off by shopworn religious language it offers innovative ways to pray in four metaphorical movements that parallel both Native American traditions and Ignatian spirituality East Morning Prayer as Awareness Waking up to reality opening South Noon Prayer as Empowerment Embracing your dreams and possibilities expanding West Afternoon Prayer as Relinquishment Letting go of attachments emptying North Night Prayer as Paradox Uniting the opposites of life integrating Prayer practices for each of the four movements provide for personal and group enrichment at home and work in formal programs and informal friendships They interweave the author's own experience to say This is honest to God spirituality and I'm seeing myself **Tanya the Masterpiece of Hasidic Wisdom**, 2010-03-01 The wisdom of Jewish spirituality and mysticism can be a companion for your own spiritual journey Tanya It Was Taught is one of the most powerful and potentially transformative books of Jewish wisdom Written in 1797 by Rabbi Schneur Zalman of Liadi the founder of Chabad Hasidism Tanya sets forth the fundamentals of Jewish spirituality and mysticism While a focus of daily study by tens of thousands of Hasidic Jews Tanya is little known outside the world of Jewish mysticism Until now its kabbalistic terms and esoteric language have made this essential text of Jewish spirituality inaccessible to most readers In this engaging volume Rabbi Rami Shapiro offers a contemporary English translation of key

selections of Tanya coupled with commentary designed to clarify and amplify the wisdom it contains He also outlines the philosophical and spiritual framework on which Tanya is based God's nonduality the five dimensions of reality and their corresponding intelligences body heart mind soul and spirit the purpose of mitzvot the practices of Jewish life as catalysts to God realization and the hallowing of all life through godliness to help you understand the selected Tanya translations in a way that enhances your own spiritual development Now you can benefit from the wisdom of Tanya even if you have no previous knowledge of Judaism or Hebrew terminology This SkyLight Illuminations edition presents the core teachings of Tanya with insightful yet unobtrusive commentary that will deepen your understanding of the soul and how it relates to and manifests the Divine Source from which all life comes in which all life lives and to which all life returns

Gathering at God's Table Katharine Jefferts Schori, 2012 A profound reminder of our role in God's vision for a restored and reconciled world The work before us this mission of God's is immense cosmic even The world is hungry thirsty homeless sick lonely imprisoned and enslaved because some parts are The creation is groaning in travail because of our abuse of the garden in which we have been set The body is ailing Participating in God's mission is about seeing and responding to that collective suffering and beginning to understand our interconnection with the other parts of the body from the Introduction In the Christian tradition believers are called to do more than sit around and pray Throughout the Gospel and throughout history people of faith have been quite literally booted out into the world to bring God's love to everybody not just a select few That's the meaning of mission from the Latin verb *mitto* meaning to send It is the work that Jesus and his disciples set out to do feeding healing and teaching In an insightful and powerful voice Katharine Jefferts Schori presiding bishop of The Episcopal Church explores the meaning of mission in the context of contemporary life reminding us of the Anglican Communion's Five Marks of Mission Proclaim the Good News of the Kingdom Teach Baptize and Nurture New Believers Respond to Human Need with Loving Service Seek to Transform Unjust Structures of Society Strive to Safeguard the Integrity of Creation and Sustain and Renew the Life of the Earth

How Did I Get to be 70 when I'm 35 Inside? Linda Douty, 2011 Have the courage and curiosity to face the inner changes of aging and learn how they can help you find meaning in your later years I used to think that age sixty five was the start of a slippery downward slope to the cemetery But inside I felt a surge of enormous energy with the potential to approach aging as an uncharted adventure instead of a prison sentence from the Introduction Unlike other authors spiritual director Linda Douty discusses the challenges and surprises of aging by talking about how you actually feel not what you're supposed to feel In a warm down to earth voice she offers a spiritually grounded method to adjust to the unexpected as you grow older There is no one size fits all here but a variety of responses to the inner and outer transformations of aging and new ways of looking at them She looks at surprises welcome and unwelcome concerning Self image The physical body Relationships Spiritual life Questions for reflecting on who you are in this period of your life or who you would like to be will help you live each day more purposefully and joyfully

Tanya, the Masterpiece of Hasidic

Wisdom Shneur Zalman (of Lyady),2010 The wisdom of Jewish spirituality and mysticism can be a companion for your own spiritual journey Tanya It Was Taught is one of the most powerful and potentially transformative books of Jewish wisdom Written in 1797 by Rabbi Schneur Zalman of Liadi the founder of Chabad Hasidism Tanya sets forth the fundamentals of Jewish spirituality and mysticism While a focus of daily study by tens of thousands of Hasidic Jews Tanya is little known outside the world of Jewish mysticism Until now its kabbalistic terms and esoteric language have made this essential text of Jewish spirituality inaccessible to most readers In this engaging volume Rabbi Rami Shapiro offers a contemporary English translation of key selections of Tanya coupled with commentary designed to clarify and amplify the wisdom it contains He also outlines the philosophical and spiritual framework on which Tanya is based God s nonduality the ve dimensions of reality and their corresponding intelligences body heart mind soul and spirit the purpose of mitzvot the practices of Jewish life as catalysts to God realization and the hallowing of all life through godliness to help you understand the selected Tanya translations in a way that enhances your own spiritual development Now you can benefit from the wisdom of Tanya even if you have no previous knowledge of Judaism or Hebrew terminology This SkyLight Illuminations edition presents the core teachings of Tanya with insightful yet unobtrusive commentary that will deepen your understanding of the soul and how it relates to and manifests the Divine Source from which all life comes in which all life lives and to which all life returns

The Divine Feminine in Biblical Wisdom Literature Rami M. Shapiro,2005 The pure and penetrating message of the Divine Feminine Wisdom can become a companion for your own spiritual journey The first of God s creations and God s endless delight Wisdom also known as Chochma and Sophia is the Mother of all life the guide to right living She is God manifest in the world you encounter moment to moment Her teachings embedded in the Holy Scriptures of Jews and Christians are passionate powerful calls to live in harmony love with integrity and act joyously Through the Hebrew books of Psalms Proverbs Song of Songs Ecclesiastes and Job and the Wisdom literature books of Sirach and the Wisdom of Solomon the Divine Feminine speaks to you directly and Her only desire is to teach you to become wise Rami Shapiro s contemporary translations and powerful commentaries clarify who Wisdom is what She teaches and how Her words can help you live justly wisely and with compassion This is not a book about Wisdom but the voice of Wisdom Herself liberating uplifting and compelling Now you can experience the Divine Feminine and understand Her teachings with no previous knowledge of Wisdom literature This SkyLight Illuminations edition presents insightful commentary that explains Sophia s way of wisdom and illustrates the countless opportunities to experience Her creative energy through which God fashions all things *The Imitation of Christ* Thomas A. Kempis,2012 This spiritual classic focuses the contemporary God seeker on developing a vital connection with God by inviting the spirit of Jesus into our lives Helpful commentary clarifies the work s biblical and medieval roots and its continuing significance today *Fly-fishing-the Sacred Art* Eric Eisenkramer,Michael Attas,2012 Discover the spiritual potential hidden in every cast of the fly rod For us fly fishing is about more than catching fish We have

been skunked on the stream too many times to count and stood shivering in our waders in 45 degree water long after sundown Yet every chance we get we head back to the river in search of trout and something more from Rabbi Eric's Introduction Early in my fly fishing career I remember telling a friend that there is so much to learn Some forty years later that is still true Every trip I learn something new about rivers fish and the natural world Most importantly I learn something new about myself Every encounter with the waters of our planet draws me deeper into who I am and who I want to become from Reverend Mike's Introduction In this unique exploration of fly fishing as a spiritual practice an Episcopal priest and a rabbi share what fly fishing has to teach us about reflection awe and the wonder of the natural world the benefits of solitude the blessing of community and the search for the Divine Tapping the wisdom in the Christian and Jewish traditions and their own geographically diverse experiences on the water they show how time spent on the stream can help you navigate the currents and eddies of your own inner journey

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