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# Shadow Self Spirit Essays In Transperso nal Psychology

*A collection of  
four short dark  
stories. In "Self  
Defense" we  
explore the*

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***mind the of a  
man forced to  
kill in self***

***defense and the  
unusual effect it  
has on him. In  
"The Cell" a  
young boy is  
trapped in a cell  
and tormented  
by a beastly  
jailor, but there***

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**are worse  
things waiting  
in the wings.**

**Don't scream or  
you may draw  
them to you. In  
"Nightfall" a  
family struggles  
to survive the  
night in a world  
where darkness  
brings death. A**

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***new twist on the  
vampire  
mythology.***

***"Ink" is a short  
piece detailing  
how a reader is  
swallowed by  
what he reads.  
Properly, while I  
endeavor to  
expound the  
principles of***

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***Christian social  
justice, I shall  
also endeavor to  
show you how  
these principles  
can be applied.  
And just as  
properly, it will  
be my hope to  
bestir you to  
action-Christian  
action,***

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**American action-  
for faith without  
good works is**

**dead. Thus, at  
the outset,**

**while I am**

**deeply grateful**

**to everyone of**

**you for, the**

**heroic sacrifices**

**you have made,**

**and will make,**

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***to keep me on  
the air over this  
independent  
chain of radio  
stations, may I  
ask you for one  
more favor  
today-the favor  
of a prayer to  
the Holy Ghost.  
I beseech all of  
you to ask the***

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***spirit of  
understanding  
to fill me with  
prudence; and  
the spirit of  
fortitude to give  
me strength and  
courage to carry  
on the battle  
against the  
hidden powers  
of darkness-***

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**perhaps not  
quite so hidden  
today as**

**yesterday. May I  
also suggest  
that you will ask  
your little  
children who  
are ignorant of  
the causes of  
poverty,  
wretchedness**

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***and exploitation-  
may I suggest  
that you ask***

***these innocent  
children to***

***whisper a***

***prayer for one***

***who fully***

***recognizes how***

***unworthy he is***

***but who fully***

***realizes what a***

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**golden  
opportunity God  
has given to him  
to be an  
instrument for  
good. You are  
anxious to know  
what topics I  
shall discuss  
during the  
insuing year.  
Roundly**

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***speaking, it is  
my hope that  
these addresses  
will be  
concerned  
chiefly with  
Christian social  
justice. While  
my ultimate  
objective is to  
help more and  
more men to***

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***save their  
immortal souls,  
I recognize how  
difficult it is for  
man to practice  
Christian virtue,  
to live a holy life  
in peace and  
contentment,  
when he and a  
great group of  
his fellowmen***

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***are denied  
unjustly an  
equitable share  
in the goods  
and wealth of  
this world-  
goods and  
wealth which  
our common  
Father in  
heaven  
bestowed upon***

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***all men for all  
men to use and  
enjoy-goods and  
wealth, which,  
alas, have been  
concentrated in  
the hands of a  
few to the  
detriment of the  
many because  
an un-Christian  
species of social***

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***injustice was foisted upon us in the past few centuries and because, as a result of this, an alien philosophy of social injustice, under the name either of Communism or Naziism, is***

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**endeavoring to  
win our  
allegiance**

**today.**

***Fearlessly,***

***Christian social  
justice***

***challenges***

***these several***

***systems for the  
attention and***

***the support, in***

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***this instance, of  
the American  
public-a public  
composed of  
persons who,  
despite their  
many faults and  
shortcomings,  
will never  
surrender the  
heritage of  
Bethlehem, of***

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***Pilate's hall, of  
Calvary Hill or of  
the Easter***

***morning***

***sepulchre from***

***whose empty***

***depths there***

***echo and re-***

***echo the***

***immortal words,***

***Hi am the***

***Resurrection***

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***and the Life."***

***Fortified with  
these precious  
heritages it is  
our hope to  
carry on a  
campaign of  
instruction and  
inspiration even  
though we find  
ourselves  
opposed by the***

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***rugged  
individualists on  
the right and by  
the unchristly  
radicals on the  
left. It is our  
hope to convert  
a zealous band  
of followers into  
a group of  
active  
Christians-.***

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***Christians who,  
by the sincerity  
of their lives  
and the logic of  
their doctrines  
shall win  
millions of  
followers who  
are convinced  
that there is no  
way other than  
Christ's way for***

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***saving America  
and restoring  
prosperity and  
peace for all. My  
friends, at the  
outset, permit  
me to clarify the  
fundamental  
doctrine of  
Christian social  
justice-the  
doctrine that***

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***differentiates it  
from every  
other plan of  
life proposed for  
man to follow. It  
is this: Christ  
came on earth  
not only to  
redeem and  
save individuals  
but also to  
establish an***

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***absolutely new  
social order.  
Recognizing the  
chaotic  
condition of  
society in His  
own time; aware  
of the universal  
slavery  
practiced  
virtually by  
every nation;***

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**and conscious of**

**the spiritual**

**darkness which**

**had**

**encompassed**

**every kingdom,**

**empire, republic**

**and tribe, our**

**Saviour well**

**understood that**

**man, left to his**

**natural abilities,**

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***was unable to  
acquire peace  
and prosperity  
in this world  
and save his  
immortal soul in  
the hereafter.  
Living  
Authentically  
brings together  
classical  
scholars of***

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***Daoism,  
professors of  
psychology,  
practicing  
psychologists,  
medical doctors,  
and alternative  
practitioners to  
explore  
different Daoist  
concepts of the  
mind and its***

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***transformations  
in relation to  
various schools  
of modern  
psychology. The  
book explores  
how Daoism can  
help us live in  
the world  
sustaining  
relationships,  
and educating***

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**children, in a  
stress-free,  
truly authentic**

**way. Book  
jacket.**

**The Second  
Edition of the  
cutting edge  
work, The  
Handbook of  
Humanistic  
Psychology, by**

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**Kirk J.  
Schneider, J.  
Fraser Pierson  
and James F. T.  
Bugental,  
represents the  
very latest  
scholarship in  
the field of  
humanistic  
psychology and  
psychotherapy.**

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**Set against  
trends inclined  
toward  
psychological  
standardization  
and  
medicalization,  
the handbook  
offers a rich  
tapestry of  
reflection by the  
leading person-**

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**centered  
scholars of our  
time. Their**

**range in topics  
is far-  
reaching—from  
the historical,  
theoretical and  
methodological,  
to the spiritual,  
psychotherapeu  
tic and**

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Spirit, Essays In  
**multicultural.**

**The new edition  
of this widely  
adopted and  
highly praised  
work has been  
thoroughly  
updated in  
accordance with  
the most  
current  
knowledge, and**

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***includes  
thirteen new  
chapters and  
sections, as well  
as contributions  
from twenty-  
three additional  
authors to  
extend the  
humanistic  
legacy to the  
emerging***

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**generation of  
students,  
scholars, and  
practitioners.  
Participation  
and the Mystery  
Jung and  
Kierkegaard  
Routledge  
Library Editions:  
Jung  
Theory,**

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**Research, and  
Practice  
Rediscovering  
Your Divine  
Music  
Skills and  
Insights for a  
Successful  
Transition  
The Path to  
Higher States of  
Consciousness**

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What if there was an underlying universal language that encompassed everything in your reality but you simply were not aware? What if you had been led away from this truth as a child? Would you want to know? What if you could find a way to rediscover

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your connection to  
it and in doing so  
could change your  
whole perspective  
on life and your  
powerful place  
within it? Through  
significant  
philosophical  
conversations with  
spiritual leaders,  
scientists,  
researchers, and  
philosophers from

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around the globe  
coupled with his  
own life  
experiences,  
Author, Scott  
Leuthold gained  
new perspectives  
on his reality. In his  
new book  
Rediscovering Your  
Divine Music, he  
shares a timely  
message that we  
must reconnect

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with our natural world and learn to love and respect ourselves, everyone, and everything under the premise that all is one.

Jennie Helene Sandstad brings together theoretical concepts and personal stories in an exploration of

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trauma, and studies how breathing meditation can be a tool for peace work. Through the lenses of Humanistic and Transpersonal Psychology as well as Elicitive Conflict Transformation, this work provides useful insights into transrational methods and

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explores why practicing self-awareness is fundamental to Elicitive Conflict Transformation. As the author engages with her own traumas and emotional wounds, the reader will undoubtedly be part of, and co-explore a journey towards

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healing.

This book examines the interaction of spiritual and psychoanalytic lineages with psychotherapy in everyday practice. Written by a team of seasoned clinicians and illustrated through clinical vignettes, chapters explore

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topics pertaining to  
the mystical

dimensions of  
psychological and  
spiritual life and  
how it may be  
integrated into  
clinical practice.

Topics discussed  
include dreams,  
dissociation,  
creativity,  
therapeutic  
relationship, free

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association,  
transcendence,  
poetry, paradox,  
doubleness, loss,  
death, grief,  
mystery,  
embodiment and  
soul. The authors,  
clinicians with  
decades of  
experience in  
psychotherapy,  
psychoanalysis and  
spiritual practice,

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draw from their deep engagement with spirituality and psychoanalysis, focusing on a particular theme and its application to clinical work that is supported by the generative conversation among these lineages. At once applied and theoretical, this

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book weaves  
insights from the  
heart of Vajrayana  
Buddhism, Zen  
Buddhism,  
Christianity,  
Catholicism,  
Ecumenicism,  
Integral Spirituality,  
Judaism, Kaballah,  
Non-violence,  
Sufism and  
Vedanta. They are  
in conversation with

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Psychology  
psychoanalytic  
perspectives  
including Jungian,  
Post-Jungian,  
Winnicottian,  
Bionian, Post-  
Bionian and  
Relational. A felt  
sense of the  
spiritual psyche in  
clinical practice  
emerges from this  
conversation among  
spiritual and

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psychoanalytic  
Transpersonal  
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lineages, beckoning  
clinicians ever  
further on the path  
of spiritually  
rooted,  
psychodynamic  
practice.

Live authentically,  
abundantly, and  
victoriously as you  
learn how to  
embrace God's will  
for your life. As one

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of the most sought-after realizations in this world, discovering your purpose is something countless self-help books will claim they can help you do, but they're missing the biggest piece of the puzzle: your relationship with God. If you're

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ready to wake up,  
shake up, break  
away from bondage,  
dust off the  
dullness, and  
discover genuine  
joy, it's time to take  
action and allow the  
Lord to take control  
of your life. True  
transformation can  
only occur when  
you're receptive to  
God's will for your

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life, and past sorrows and mistakes often prohibit you from moving forward and receiving Jesus's forgiveness and grace. But forgiving others-and receiving forgiveness from the Lord-is imperative for experiencing

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wholeness and freedom. Growing closer to God also requires some internal housecleaning. From chapters on dusting away anything that dulls the true joy of a relationship with God to receiving the living water from Jesus that quenches

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any thirst for fulfillment, learn how trusting God fully and seeking after His guidance are the real keys to receiving lasting contentment and transformation.

Shadows & Light  
(Volume 1  
Principles and  
Practice)

Look Into Your

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Shadows

Inspirations from  
Anthroposophy  
Theory, Research,  
and Practice in  
Transpersonal  
Psychology  
Indigenous Wisdom,  
Entheogens, and  
Expanded States of  
Consciousness for  
Healing and Growth  
A Collection of  
Esoteric Essays

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Tough Call

*A midnight ritual by a  
secret society in the  
English Countryside  
nearly costs Thomas  
Spell his life. He  
returns home to  
Chicago to find that he  
carries within himself  
something unspeakable  
- a condition for which  
he believes there is no  
cure, until he meets  
Penelope, a beautiful*

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*and brilliant pre-med  
student determined to  
heal him. But the*

*Brotherhood searches  
for him still, convinced  
that he holds the key to  
an unimaginable power.*

*As his life begins to  
spiral out of control,  
Thomas is forced to  
confront his own past,  
as well as the dark  
forces closing in on him  
and everything he holds*

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*dear.*

*Clearly and  
entertainingly written,  
this book presents an  
exciting new technique  
of self-analysis. Based  
on the psychological  
theories of C.G. Jung,  
the 'Watchword'  
technique will enable  
you to identify your  
psychological type and  
to explore the structure  
and dynamics of your*

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*personality. As you learn to recognize the various forces and tendencies within the psyche, you will acquire greater understanding of your inner self and your personal relationships. This practical method of self-exploration guides you systematically along the difficult path towards the ultimate goal of self-*

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*realization or  
individuation. It uses a  
structured form of  
word association which  
you assess and interpret  
yourself, following  
simple guidelines that  
require no numerical  
scoring. Easy to  
understand and fun to  
use, the book makes an  
intriguing and useful  
introductory guide to  
Jungian analytical*

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*psychology. It will appeal to a wide range of readers, including professional psychologists and students of psychology, counsellors and psychotherapists, as well as anyone interested in self-exploration and personal growth.*

*Jung and Kierkegaard identifies authenticity, suffering and self-*

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*deception as the three  
key themes that connect  
the work of Carl Jung  
and Søren Kierkegaard.  
There is, in the thinking  
of these pioneering  
psychologists of the  
human condition, a  
fundamental belief in  
the healing potential of  
a religious outlook. This  
engaging and erudite  
text explores the  
significance of the*

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*similarities of thinking  
between Kierkegaard  
and Jung, bridging the  
gap between the  
former's particular  
brand of existential  
Christian psychology  
and the latter's own  
unique philosophy.*

*Given the similarity of  
their work and  
experiences that were  
common to both of their  
personal biographies,*

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*particularly the relationship that each had with his father, one might expect Jung to have found in Kierkegaard a kindred spirit. Yet this was not the case, and Jung viewed Kierkegaard with great scorn. That there exists such a strong comparison and extensive overlap in the life and thought of*

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*these towering figures  
of psychology and  
philosophy leads us to  
question why it is that  
Jung so strongly  
rejected Kierkegaard.  
Such hostility is  
particularly fascinating  
given the striking  
similarity that Jung's  
own analytical  
psychology bears to the  
Christian psychology  
upheld by Kierkegaard.*

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*Cook's thought-provoking book fills a very real gap in Jungian scholarship and is the first attempt to undertake a direct comparison between Jung and Kierkegaard's models of development. It is therefore essential reading for academics and postgraduate students with an interest in Jungian and*

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*Kierkegaard  
scholarship, as well as  
psychology, philosophy  
and religion more  
generally.*

*This groundbreaking  
book introduces a new  
theory of developmental  
coaching and a new  
framework for  
coaching practice.*

*Finding Harmony and  
Balance Through Inner  
Peace*

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*Inside Jazz (inside  
Bebop)*

*Daoist Contributions to  
Modern Psychology  
Being Grown Up Was  
Easy*

*A Transrational and  
Elicitive Method  
Towards Healing the  
Healers*

*Shadows & Light  
(Volume 2: Talks &  
Reflections)*

*Shadow, Self, Spirit -*  
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*Revised Edition*

**Routledge Library  
Editions: Jung**

**brings together as  
one set, or  
individual volumes,  
a series of  
previously out-of-  
print titles, originally  
published between  
1927 and 1993.**

**Covering a variety of  
areas this set  
reflects the**

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**continued interest in Jung and analytical psychology, showing how Jungian theory can have influence in many walks of life. It provides in one place a number of reference sources from a range of authors, showing the development of Jung's theories**

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over time.

Ashlyn Woods can't wait to put her past behind her and start her life over as a normal college student. But her plans take an unexpected turn when she discovers that she is a Soterian: a person who develops amazing powers

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**when the balance of good and evil shifts too far in evil's favor. Soon she and the other Soterians are learning to use their powers to prevent California from being plunged into chaos. But they quickly discover that they're up against a much more dangerous**

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**enemy than they  
anticipated. And  
when Ashlyn meets  
Kai, a devastatingly  
gorgeous guitar  
player, she realizes  
she must sacrifice  
more than she ever  
imagined.**

**A comprehensive  
guide to the safe  
and ethical  
application of  
expanded states of**

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**consciousness for  
therapists, healing  
practitioners, and  
sincere explorers  
Psychedelic  
medicines also  
known as  
entheogens are  
entering the  
mainstream. And  
it's no wonder:  
despite having  
access to the latest  
wellness trends and**

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**advances in  
technology, we're  
no healthier,  
happier, or more  
meaningfully  
connected.**

**Psilocybin  
mushrooms,  
ayahuasca, and  
LSD—as well as  
other time-tested  
techniques with the  
power to shift  
consciousness such**

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**as drumming,  
meditation, and  
vision quests—are  
now being  
recognized as  
potent catalysts for  
change and healing.  
But how do we  
ensure that we're  
approaching them  
effectively?**

**Françoise Bourzat—a  
counselor and  
experienced guide**

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**with sanctioned  
training in the  
Mazatec and other  
indigenous  
traditions—and  
healer Kristina  
Hunter introduce a  
holistic model  
focusing on the  
threefold process of  
preparation,  
journey, and  
integration. Drawing  
from more than**

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**thirty years of  
experience,  
Bourzat's skillful  
and heartfelt  
approach presents  
the therapeutic  
application of  
expanded states,  
without divorcing  
them from their  
traditional contexts.  
Consciousness  
Medicine delivers a  
coherent map for**

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**navigating  
nonordinary states  
of consciousness,  
offering an  
invaluable  
contribution to the  
field of healing and  
transformation.  
This volume  
addresses an  
important problem  
in social scientific  
research on global  
religions and**

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**spirituality: How to evaluate the role of diverse religious and spiritual (R/S) beliefs and practices within the rapid evolution of spiritual globalization and diversification trends. The book examines this question by bringing together a panel of international**

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**scholars including  
psychologists,  
sociologists, and  
researchers in  
religious studies,  
public health,  
medicine, and social  
work. The content  
includes chapters  
describing  
innovative concepts  
of post-Christian  
spirituality, Eastern  
forms of meditation,**

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**afterlife beliefs  
associated with the  
three dominant  
cultural legacies,  
various non-  
religious  
worldviews, spiritual  
Jihad, and secular  
and religious  
reverence. The book  
also covers such  
important themes as  
spiritual well-being,  
faith, struggle,**

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**meaning making,  
modeling, and  
support, as well as  
mysticism and using  
prayer to cope with  
existential crises.**

**This book advances  
the understanding  
of the role of R/S  
across different  
faiths and cultural  
systems, including  
both Western and  
non-Western ones,**

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**and enriches the  
mainstream of  
psychological  
sciences and  
practices. It appeals  
to students,  
educators,  
researchers, and  
clinicians in multiple  
related fields and  
disciplines.**

**Wake Up the Real  
You**

**Integral Yoga**

*Page 85/242*

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infinite possibilities  
And Live Your Best  
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Kindred Spirit in the  
Shadows**

Examining the  
self is at the

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heart of  
Transpersonal  
coaching and  
Psychology  
this book

provides a  
comprehensive  
overview of  
knowledge on  
the Self from  
psychology,  
philosophy and  
other  
disciplines.  
Developmental

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outlines a theory of individual development, with practical applications for coaches. The Development of Self in Action (DSA) theory provides a credible

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explanation of  
the individual  
functioning,  
desired changes  
and development  
that makes  
developmental  
coaching a  
rigorous,  
theory-based  
approach to  
practice.

Building on the

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influential  
first edition  
of this text,  
Bachkirova

enriches and  
refines the  
book with even  
further  
conceptual  
clarity and  
hands-on  
advice. These  
theoretical and

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practical approaches have been used and tested for over a decade, not only in the actual delivery of developmental coaching, but also in many teaching programmes,

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numerous  
masterclasses  
and coaching  
supervision int  
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area. This book  
will be an  
invaluable  
resource for  
students on  
coaching  
programmes and  
coaching  
practitioners  
who are keen to  
understand more

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about  
developmental  
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coaching and  
why it works.  
“This is the  
best book  
written so far  
about coaching,  
in my humble  
opinion,  
because it is  
so deeply  
considered, so

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original and  
intelligent, so  
relevant to  
practising  
coaches, and so  
useful to those  
seeking  
practical  
wisdoms." Dr  
Paul Lawrence,  
Director  
Leading  
Systemically &

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Honorary  
Research  
Associate

Oxford Brookes  
University, UK

“Tatiana  
masterfully  
interweaves a  
rich discussion  
of the  
scientific and  
philosophical  
foundations of

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her DSA model  
with practical  
tools and  
implications  
for coaches.”

Angela  
Passarelli,  
Ph.D.,  
Associate  
Professor of  
Management,  
College of  
Charleston, USA

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“Tatiana  
Bachkirova  
greatly  
enriches our  
understanding  
of both client  
and coach.”

Mary Watts,  
Emeritus  
Professor of  
Psychology,  
City,  
University of

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London, UK  
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Praise from the  
Psychology  
1st Edition:  
This book is a  
rare beast in  
the  
developmental  
area of  
coaching –  
intelligent,  
articulate and  
accessible ... Dr  
Bachkirova's

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work combines  
and extends  
many existing

developmental  
approaches,

making

previously

opaque

frameworks

tangible and

real. Anthony

Grant, Director

of the Coaching

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Unit,  
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Tatiana  
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Professor of  
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Psychology and  
Co-Director of  
the  
International

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Centre for  
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Coaching and  
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She is a  
recognised  
international  
speaker and her  
many  
publications  
include over 70

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research and  
conceptual  
papers as well  
as edited  
volumes.

In an  
anthroposophic  
approach to  
counseling and  
psychotherapy,  
we integrate  
the whole  
paradigm of

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spiritual  
science into  
the  
contemporary  
forms of  
psychology,  
thereby re-  
formulating a  
psychology  
inclusive of  
body, soul, and  
spirit. –Dr.  
William Bento,

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Executive  
Director of  
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Anthroposophic  
Psychology  
Associates of  
North America  
(APANA) The art  
of counseling  
is practiced in  
many settings.  
An uncle  
counsels a  
troubled niece.

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A licensed professional clinical counselor (LPCC) works in a treatment center for drug addicts. A counselor can also be everything in between the two. If you

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consider everyone who mentors another—from life-coaches to police officers to wedding planners to lawyers to intimate friend s—counseling includes all of us. Whereas

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mainstream  
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psychology has  
been moving  
increasingly  
toward  
cognitive and  
pharmacological  
approaches,  
this book  
brings us back  
to a psychology  
of soul and

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spirit. Through the guidance of Anthroposophy, the becoming human being, and Sophia, and divine wisdom, counselors will rediscover here an approach to people that has the heart of soul, and the

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light of  
spirit.  
Transpersonal  
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All too often people who are successful in their jobs are promoted to management without an appropriate level of support. They are often

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unaware of the implications of managing a team and their need to develop new skills to lead and inspire people to do their best work. Instead, many merely focus on "getting the

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job done". The significant missing element is that which involves "people". Managers typically understand the task-related aspect of the work and underestimate

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the importance  
of the human  
element. This  
is the area  
that really  
counts in  
leadership. It  
is not only new  
managers who  
must pay  
attention to  
this vital  
element. This

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book seeks to address the widespread needs of managers in the quest for success in their leadership. You will learn: An insightful look into building confidence and

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developing your  
own leadership  
style Learn how  
to effectively  
communicate and  
overcome common  
communication  
barriers Develop  
key skills for  
building  
relationships,  
providing  
constructive

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feedback and  
coaching  
othersCustomer  
review: "Good  
managers are  
usually also  
good leaders,  
O'Neil tells  
us, but no  
matter how good  
they might be  
there would be  
few who

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couldn't learn something from this little pearl of a book. In fact, there would be few people who couldn't.

O'Neil has captured the essence of what true leadership is all about

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and she's managed to explain it very clearly in non-preachy prose in less than a hundred pages. This is a very special little book."

FEATURES: taking on the role of manager/leaders

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types of  
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nication and li  
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ship  
buildingpower  
and influencecu  
lture and value  
smotivation and  
engagementperfo  
rmance manageme  
ntcoaching,

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delegating and

development. Oxford

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A Little Book  
on Making Big  
Decisions  
Metaphysics &  
Transformation  
as Taught by  
Sri Aurobindo  
Confrontation  
with the  
Unconscious

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Beyond Empathy  
A Collection of  
Four Short  
Stories

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edition.

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the study of those

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states and processes in which people experience a deeper sense of who they are, or a greater sense of connectedness with others, with nature, or the spiritual dimension.

Pioneered by respected

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researchers such as Jung, Maslow and Tart, it has nonetheless struggled to find recognition among mainstream scientists. Now that is starting to change. Dr. Michael Daniels teaches the subject as part of a broadly-

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based psychology  
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curriculum, and this  
new and enlarged

edition of his book

brings together the

fruits of his studies

over recent years. It

will be of special

value to students,

and its accessible

style will appeal also

to all who are

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interested in the spiritual dimension of human

experience. The book includes a detailed 38-page glossary of terms and detailed indexes. Life is full of tough calls and daunting decisions. The question isn't if

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you'll face a big decision in the future, but how you'll face the tough call that's guaranteed to come your way. Think about it. There are wedding proposals to ponder, college applications to submit, career

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moves to make, homes to sell, and confrontations to consider. And, knowing how poorly things could go, we sometimes find ourselves facing these decisions with a deep fear of future regret. The pressure is on. Or is it? Short

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and straightforward,  
yet full of practical  
insight and spiritual  
truths, Tough Call,  
will help you see that  
the Christian faith  
offers a mindset to  
confidently and  
joyfully make your  
next big decision.  
More importantly  
you'll see that you

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can face life with

your fears

recognized, your

peace maximized,

and your hope

anchored in

something greater

than your ability to

"get it right."

Readers familiar

with authors like

Acuff, Chan, and

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Tchividjian will resonate with Matt Popovits's witty, practical, and gospel-centered take on complicated topics. Tough Call is an enjoyable and essential read for any and all facing a major decision.

Shadows & Light:

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and Practice in

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outward journeys of  
human growth and  
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finding one's voice,  
the evidence based  
foundation of  
transpersonal  
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volume includes  
chapters by  
established leaders  
such as Stanley  
Krippner, John  
Davis, Dan Hocoy,

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Pat Luce and Robert

Schmidt as well as

fresh voices with

new perspectives on

transpersonal

psychology. The

chapters are

readable and

personal, yet well

researched and

scholarly. These

volumes are destined

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to become seminal texts in the field.

28 Days to a New

You is a spiritual self-discovery book

pertaining to all aspects of mind,

body and Spirit.

There is a belief that it takes 21 days to

change a habit. This

is an average

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assessment as some individuals may take longer to modify

what they wish to

change; whereas

some people can do

so very quickly.

Learning to love

myself for who I am

and embracing all of

my experiences has

been the catalyst for

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transformation in my own life. Embarking on a spiritual journey has offered me the fortitude necessary to believe that anything is possible and to achieve it as well. As an Intuitive Medium, Reiki Master and Spiritual Teacher,

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my personal mission is to assist others on their own journey into consciousness while encouraging them to live an authentic life through awareness and empowerment. Coming from a place of respect, truth, integrity and love, I

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honor your free will  
and recognize that  
you are co-creating  
your reality with the  
Universe. My  
intention is to bring  
understanding, help  
you to heal from the  
past and realize your  
full potential. I invite  
you to begin your  
life in a new way

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and tap into your  
inner power as you  
explore who you

really are. Refrain  
from simply existing  
and elect to live your  
life fully without  
regret. It is time to  
let go of the past,  
live in the present  
and look to the  
future for it is this

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attitude that will  
transform you.

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And I Thought...

Shadows in the Dark

Remember Who You

Truly Are

Living Authentically:

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**to assist in**

**Shadow Work.**

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**Work? Shadow**

**Work is about**

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awareness and  
accepting every  
aspect of YOU,  
("good" , "bad"  
, "positive" ,  
"negative" ,  
your "kindness",  
your  
"bitchiness" ,  
etc.) without  
judgment. But  
first, you must  
be completely  
honest with

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yourself. It's  
also about  
owning your part  
in whatever  
transpired. As  
long as you  
continue to  
blame and point  
fingers at  
whomever, you  
continue to give  
away your power.  
It's time to  
take your power

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back! Give  
yourself the  
validation,  
confidence,  
love, and  
worthiness you  
so desperately  
seek (whether  
you're aware you  
are or not). You  
are no one's  
fucking victim!!  
Healing is a  
journey, so

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buckle up.  
Transpersonal  
Carl Gustav Jung  
Psychology  
pioneered the  
transformative  
potential of the  
deep  
unconscious.  
Psychedelic  
substances  
provide direct  
and powerful  
access to this  
inner world.  
How, then, might

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Jungian

psychology help

us to better

understand the

nature of

psychedelic

experiences? And

how might

psychedelics

assist the

movement toward

psychological

transformation

described by

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Jung? Jungian  
depth psychology  
and psychedelic  
psychotherapy  
are both  
concerned with  
coming to terms  
with unconscious  
drives,  
complexes, and  
symbolic images.  
Unaware of  
significant  
evidence for the

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safe clinical  
use of

Transpersonal  
Psychology  
psychedelic  
drugs, Jung  
himself remained  
wary of  
psychedelics and  
staunchly  
opposed their  
therapeutic use.  
His bias has  
prevented  
Jungians from  
objectively

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considering the  
benefits as well  
as the risks of  
using  
psychedelics for  
psychological  
healing and  
growth.  
Confrontation  
with the  
Unconscious  
intertwines  
psychedelic  
research,

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personal  
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Psychology  
accounts of  
psychedelic  
experiences, and  
C. G. Jung's  
work on trauma,  
the shadow,  
psychosis, and  
psychospiritual  
transformation -  
including Jung's  
own  
confrontation  
with the

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unconscious - to  
show the  
relevance of  
Jung's  
penetrating  
insights to the  
work of  
Stanislav Grof,  
Ann Shulgin,  
Ronald Sandison,  
Margot Cutner,  
among other  
psychedelic and  
transpersonal

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researchers, and  
Transpersonal  
to demonstrate  
Psychology  
the great value  
of Jung's  
penetrating  
insights for  
understanding  
difficult  
psychedelic  
experiences and  
promoting safe  
and effective  
psychedelic  
exploration and

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psychotherapy.

The Empath. The  
word has found  
its way into our  
consciousness  
accompanied by  
ideas of  
healing, sharing  
emotion and  
pain. Empaths  
are sensitive,  
caring,  
responsive  
people who have

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at the core of  
their nature an  
innate ability  
to receive  
energy,  
information and  
awareness from  
others with a  
depth and  
intensity that  
is beyond our  
customary  
understanding of  
empathy. Yet,

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this very  
receptivity and  
permeability  
brings its own  
challenges. It  
is vital for  
empaths to  
recognize  
themselves as  
such and to  
consciously  
explore,  
understand and  
address this

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energetic flow  
in their life.

Self-inquiry is  
the essential  
tool to  
understanding  
all that  
motivates and  
colors your  
experience of  
the world. The  
book explores in  
depth this  
receptivity, as

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well as tools,  
concepts and  
approaches to  
support  
understanding  
and how to  
flourish with  
this heightened  
sensitivity.

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shared journey,  
edited from  
years of  
workshops and

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sessions with  
Elisabeth  
Fitzhugh and the  
Orion group.  
In the Garden of  
Infinite  
Possibilities  
there are only 3  
rules: Rule n.1:  
"There are  
infinite  
possibilities."  
Rule n.2:  
"Thoughts become

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things." Rule

n.3: "NEVER

forget the first

two!" For the

first time, a

voyage spanning

Quantum Physics,

Personal Growth

and

Spirituality,

through the eyes

of a curious

child, and a

Master Teacher

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who knows the  
Infinite. Their  
journey to  
escape mind  
control and  
arrive to... an  
extraordinary  
revelation !  
Consciousness  
Medicine  
The Counselor .  
. . as if Soul  
and Spirit  
Matter

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Sanctified Life  
Self-Discovery  
the Jungian Way  
(RLE: Jung)

Rising Shadow  
Shadows and Lace  
The Creative  
Artist, Mental  
Disturbance, and  
Mental Health  
Getting  
money,paying  
bills,finding your

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prince charming,  
finding your  
happiness it  
looked so easy  
when you were  
young. You thought  
you had it all  
figured out. Little  
did you know life  
throws you curve  
balls. And you  
thought grownups

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had it easy so did these ladies.

Follow their  
journies while  
getting lost in the  
grownup world.  
Faunalia is a  
controversial  
Pagan festival with  
a reputation for  
being wild and  
emotionally

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intense. It lasts five days, 80 people attend, and the two main rituals run most of the night. In the tantalisingly erotic Baphomet rite, participants encounter a hermaphroditic deity, enter a state

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of trance and  
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dance naked  
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around a bonfire.

In the Underworld  
rite participants  
role play their own  
death, confronting  
grief and suffering.  
These rituals are  
understood as  
"shadow work" - a  
Jungian term that

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refers to practices  
that creatively

engage repressed

or hidden aspects

of the self. Sex,

Death and

Witchcraft is a

powerful

application of

relational theory to

the study of

religion and

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contemporary  
culture. It analyses

Faunalia's rituals

in terms of recent

innovations in the

sociology of

religion and

religious studies

that focus on

relational etiquette,

lived religion,

embodiment and

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performance. The  
sensuous and  
emotionally  
intense ritual  
performances at  
Faunalia transform  
both moral  
orientations and se  
lf-understandings.  
Participants  
develop an ethical  
practice that is

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individualistic, but  
also relational, and  
aesthetically

mediated.

Extensive extracts  
from interviews  
describe the rituals  
in participants' own  
words. The book  
combines rich and  
evocative  
description of the

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rituals with careful  
analysis of the  
social processes

that shape  
people's  
experiences at this  
controversial  
Pagan festival.

This book  
describes The  
Artistic Theory of  
Psychology, in

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which a dominant focus is on the successful creative artist and mental health. However, the book also describes the relationship of the creative artist to mental disturbance in various contexts, including

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an innovative  
academic  
treatment,  
personal  
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author, excerpts  
related to the  
author's semi-  
autobiographical  
novel, and  
illustrative blog

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excerpts from the  
author's struggling  
actor son. The

main theme of the  
book is that

through humanistic  
supportive

environments for  
creative artists, the

phenomenon of  
the successful

creative artist in

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the context of  
success in both  
one's creative  
artistic endeavors  
as well as a  
satisfactory  
adjustment to day-  
to-day life, can be  
nourished and  
enhanced.

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ssibility-space

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as a psychology.  
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It attempts this  
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through a  
hermeneutics of  
the texts of Sri  
Aurobindo and  
the Mother, as  
well as their  
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practices and  
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also makes a  
beginning at

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locating the  
field in its  
larger contexts,  
through  
comparative,  
qualitative and  
empirical  
studies, as well  
as probing the  
clinical  
possibilities of  
its models.  
If a knight  
captures a lady,

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can she steal  
his heart? With  
one careless  
roll of the  
dice, Baron  
Lindsey Fordyce  
gambles away his  
beautiful  
daughter Rowena.  
Spirited away to  
an imposing  
castle, Rowena  
finds herself  
pressed into the

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service of a  
dark and  
forbidding  
knight accused  
of murder...and  
much more.

Handsome,  
brooding Sir  
Gareth of  
Caerleon has  
spent years  
waiting for his  
chance for  
revenge. But

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when he seeks to  
use the fair

Rowena to slay

the ghosts of

his past, he

finds himself

ensnared in a

tender trap of

his own making...a

trap he can only

escape by

surrendering his

heart. Book 1 in

the Brides of

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spirituality,  
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psychology,  
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diversity and  
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Participation  
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is both an  
introduction to  
and expansion of

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Ferrer's

groundbreaking

work on

participatory

spirituality,

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human beings are

active

cocreators of

spiritual

phenomena,

worlds, and even

ultimates. After

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and  
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fully embodied  
spirituality,  
and the features  
of integral  
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practice. The  
book also  
introduces a  
participatory  
philosophy of  
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Wilber, and A.  
H. Almaas,  
Ferrer concludes  
with an original

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solution to the  
problem of  
religious  
pluralism that  
affirms the  
ontological  
richness of  
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while avoiding  
the extremes of  
perennialism and  
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psychology,

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provocative, and

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shows us how his  
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fertile  
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model can be  
applied, with  
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results, to

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Bergson "Ferrer  
is a leading  
figure in  
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perspective  
explains both  
the deep  
commonalities  
and the creative  
diversity of  
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traditions. It

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provides a way  
to understand  
the general  
phenomenon of  
spirituality  
without falling  
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dogmatism or the  
tendency to  
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own spiritual  
tradition or  
practice over

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theory and  
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century, and  
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widely through  
Ferrer's  
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that are higher  
than that of the  
personality. He  
points out how  
we can reach out  
to ever

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deepening levels  
of consciousness  
-the divine  
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every human  
being who makes  
a concerted  
effort to set  
his or her foot  
upon the  
spiritual path.  
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variety of

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from the  
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that of the  
soul, and from  
the soul to the  
Spiritual Triad,

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and then to the  
Monad, or that  
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and fulfill your  
destiny and be  
everything you  
ever dreamed of  
being, your soul  
and spirit self  
really are, unafraid  
to shine in a world  
that all too often  
might seem might  
seek to undermine  
or limit you...You

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are filled with  
infinite  
possibilities and  
great gifts. Many  
of us are waking  
up from the  
illusion of fear,  
lower  
consciousness and  
vibration that we  
have been trapped  
in. Though times

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may be dark, the light can prevail and by holding on to our dreams and visions, we will emerge with a higher consciousness. We will shed all the restrictions of the past, and break the chains of the

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judgmental and  
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fear-based systems  
which have ruled  
and limited our  
lives in so many  
ways, to take a  
jump and leap of  
faith and really be  
the full expression  
of our unique and  
special souls. "I  
really love this

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book; one that touches you and works on so many levels." "It doesn't matter where you are on your journey, in this book you will find something new, something to remind you of who and where you

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are, why you are following the path you have chosen and affirmation that you are not alone, the Universe is always supporting you. I found the book easy to read, to me the energy of the words just flow off

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experiment and  
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Sally has worked  
really hard to  
make this work  
appeal to as wider  
audience as  
possible and I feel  
she has pulled it

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off with a flourish.

Well done Sally,

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one?" "I really love

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and I felt curiously

emotional. I

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