

## Love And Awakening Discovering The Sacred Path Of Intimate Relationship

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Unlike other guides that focus on how to make relationships work, this groundbreaking book teaches couples how their relationships can make their lives work. Combining the practical advice of Harville Hendrix with the spiritual guidance of Thomas Moore, it shows couples how their relationships can help them discover their sacred selves in such chapters as "The Power of Truth-Telling", "The Inner Marriage", "Men In Relationship" and "Soulwork and Sacred Combat". Along the way, it provides a wealth of practical guidance on how to deal with difficult problems and includes lively dialogues from Welwood's workshops that dynamically illustrate his core ideas. Men and women are searching for deeper meaning and purpose in their everyday lives and relationships. Love and Awakening fills this need. It is a book couples will want to read together.

How can we connect the spiritual realizations of Buddhism with the psychological insights of the West? In *Toward a Psychology of Awakening* John Welwood addresses this question with comprehensiveness and depth. Along the way he shows how meditative awareness can help us develop more dynamic and vital relationships and how psychotherapy can help us embody spiritual realization more fully in everyday life. Welwood's psychology of awakening brings together the three major dimensions of human experience: personal, interpersonal, and suprapersonal, in one overall framework of understanding and practice.

A renowned Zen master and Nobel Peace Prize nominee introduces a Buddhist approach to practicing authentic love in our everyday lives In this eye-opening guide, Zen monk Thich Nhat Hanh offers timeless insight into the nature of real love. With simplicity, warmth, and directness, he explores the four key aspects of love as described in the Buddhist tradition: lovingkindness, compassion, joy, and freedom—explaining how to experience them in our day-to-day lives. He also emphasizes that in order to love in a real way, we must first learn how to be fully present in our lives, and he offers simple techniques from the Buddhist tradition that anyone can use to establish the conditions of love. Thich Nhat Hanh, a Vietnamese Zen Buddhist monk, is an internationally known author, poet, scholar, and peace activist who was nominated for the Nobel Peace Prize by Martin Luther King Jr.

An entirely new Intelligence has been blinking in and out of human existence for thousands of years. This astonishing gift has emerged from the immense creativity of the universe and is now becoming stabilized in increasing numbers of people the world over. I call it the emergent consciousness of Love. Such a consciousness is not a different way of thinking; it is a radically different orientation-to everything. Our work is to cooperate with it. This is not a self-help book. Nor is it a book about religion. It is an experiential inquiry into a consciousness of Love that honors all persons and all spiritual paths. If you love Life-all of life; if your intention is to serve Love, whatever it asks of you, Awakening the Energies of Love will help prepare you for its power and provide a pathway into the most significant transformation humanity has ever undergone. The thread that runs through the book and ties it together is story: personal, collective, and cosmic. These interwoven stories bring to life and create a hearth for the New Story inspired by Teilhard de Chardin, developed by Thomas Berry and Brian Swimme, and which continues to evolve. In a sense, it's a story that, until now, has been told only in part: through geology, anthropology, physiology, psychology, archeology, architecture, and religion. Together, these disciplines are like tributaries feeding a great river of human knowledge summarized in the first half of the book: The Known. But to be complete, the New Story requires the fundamental change of mind and heart that comes with the inexpressible gift of awakening to the energies of Love. This begins the focus of the second half of the book, The Unknown. The remaining chapters explore the qualities and the consequences of living with the kind of love, compassion, and truth illuminated by the world's great spiritual masters of every era-and to learn what Teilhard meant when he wrote, "for the second time in the history of the world, humanity will have discovered Fire."

A passionate and deep exploration of how love is essential to our spiritual growth and development, from beloved author and teacher A. H. Almaas. Love is a universal energy--and a primary force that powers our movement toward spiritual illumination. All the ways we need love are simply reflections of our need for spiritual growth. In *Love Unveiled*, A. H. Almaas explores three dimensions of love: appreciative love--the true liking of somebody or something; merging or connecting love--a force that melts away separateness; and passionate, ecstatic love--capable of consuming us from inside. In their own way, each reveals the beauty and exquisiteness of our spiritual heart, which is the heart of the divine. However, the path of spiritual love is not without challenges. Almaas explores the barriers that tend to block our experience of loving awakening and provides experiential exercises throughout the book to help readers along their path. The exercises focus on the obstacles or misunderstandings that commonly arise for each quality or dimension of love. Presented in the form of writing or monologuing prompts, readers can work independently or in small groups to confront the emotional obstacles on their spiritual path. Regardless of where you are on your path, *Love Unveiled* will help you explore love in three essential dimensions and gain a deeper connection to yourself.

In this expanded edition of a spiritual formation classic, David G. Benner explores the twin themes of love and surrender as the heart of Christian spirituality. God doesn't want his people to respond to him out of fear or obligation, but invites us to enter into an authentic relationship of intimacy and devotion—by surrendering to love.

Elevate your consciousness and heal your life. In *Awakening to the Fifth Dimension*, author Kimberly Meredith offers readers something truly revolutionary—a new dimension of healing. Discovering her healing gifts after two near death experiences in 2013, she is now one of the most in-demand medical intuitive healers in the nation, traveling the country to speak at events, appearing at major consciousness and global virtual events, and offering healing to those who so desperately in need. Here in these pages, Kimberly shares her gift for the first time with a wider audience, giving readers the tools to implement this healing in their own lives. Whether you are wrestling with chronic illness, seemingly untreatable symptoms, or other mental, emotional, or physical ailments, Kimberly's gentle wisdom offers a way forward towards happiness and freedom. Filled with instruction, case studies, testimonials, nutritional advice, and practical methods to raise your consciousness *Awakening to the Fifth Dimension* will empower readers to confront their own health struggles and find true, lasting healing.

Mother Theresa. The Dalai Lama. Nelson Mandela. Gandhi. Some admire such figures from afar and think' How special they are; I could never be like that. But as John Makransky has learned' the power of real and enduring love lies within every one of us. *Awakening Through Love* is his guide to finding it. In *Awakening Through Love*' he pioneers new ways of making Tibetan meditations of compassion and wisdom accessible to people of all backgrounds and faiths. Drawing from Tibetan teachings of compassion and the Dzogchen teachings of innate wisdom' and using plain' practical instruction' he helps readers uncover the unity of wisdom and love in the very nature of their minds. Then Lama John describes how to actualize those qualities in every aspect of family life' work' service and social action.

We have chosen our own journey. For many, this alone is difficult to comprehend and believe. But, it is true. Whether a conscious choice, or unconscious, we choose our circumstances. If you desire to create change in your life, or completely change the direction that your life is going, the choice is yours. The power is completely in your hands, or better, your consciousness. Intimately and without restraints, Rev. Dr. Edwige Bingué describes some of her personal experiences that impacted her life journey in significant ways. Some of these events were painful, some may seem to be bizarre- even outlandish. But, they happened. This book will change your perspective about every aspect of your life, with clear and simple techniques to expand your vision of life and how you are going about it. After reading this book and putting these easy methods into regular practice, it is inevitable that your life will change. Your consciousness will be transformed. You will become very clear about your purpose: and will do it with ease and grace. And best of all you will know that you were never crazy, because you will be awakened!

John Welwood is a psychotherapist, writer, and teacher specializing in integrating Eastern spiritual wisdom and Western psychology, and has studied Buddhism and Eastern contemplative psychologies for more than forty years. He has published eight books, including *Journey of the Heart: The Path of Conscious Love*, *Toward a Psychology of Awakening*, and *Perfect Love, Imperfect Relationships: Healing the Wound of the Heart*, which was the winner of the Books for a Better Life Award. John's book of poems gives voice to his personal experience of love as well as spiritual realization, insight, awe, and devotion.