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The Cycles of a Woman's Life Reclaiming the Garden of Paradise; JUDAISM; Chapter 4. Jewish Spiritual Pathways for Growth and Healing; Introduction; Kabbalistic Paths of Healing; Balancing Yourself on the Tree of Your Life; The Three Strands of the Soul; Meditation and the Tree of Life; Returning to Your Soul: The Relationship Between Rabbi and Student; Community As Healer; Jewish Holidays: Holistic Days; Future Directions in Jewish Spirituality and Psychological Growth; Summary; NATIVE AMERICAN PSYCHOSPIRITUALITY; Chapter 5. Dancing the Circle: Native American Concepts of Healing; Introduction East: New Beginnings South: Initiation and Learning; West: Revelation and Insight; North: Transformation and Systemic Change; Self-Care and Integrity: Guides for the Healer; Conclusion; SUFISM; Chapter 6. The Key in the Dark: Self and Soul Transformation in the Sufi Tradition; History and Background; The Ecology of Mind in Sufi Stories and Poetry; Views of the Self and Soul; Practices: Breath, Sound, Walking Meditation, Dance, Turning, and Remembrance; Twenty-First-Century Applications; TAOISM; Chapter 7. Taoist Mind-Body Resources for Psychological Health and Healing Taoism: The Tao, Ch'i, and Ch'i Gung "Good-Enough" Health and Wellness; The Path of No-Path: Suchness and Simplicity; "No-Identity Is True Identity"; Illness As "Stuck" or "Attached" Life Energy; Wu Wei: The Ultimate Achievement in Taoist "Wellness"; On Taoist Masters and Students; Conclusion; YOGA AND HINDUISM; Chapter 8. The Yoga Path: Awakening from the Dream; Introduction; Indian Science; Yoga As Somatic Science; Yoga Education; The Goals or Outcomes of Yoga; Yoga and Psychotherapy; Cautions for Yoga Practice; Yoga and the Psychospiritual Client; Yoga As a Way of Life; Conclusion Ways of Presenting Spiritual Teachings

Sommario/riassunto

Harness the psychospiritual healing potential of prayer, meditation, breathing, and more! This thoughtful anthology illuminates ancient ways of psychospiritual healing. Research has shown the healing potential of prayer, meditation, controlled breathing, and other timeless spiritual disciplines. This extraordinary book brings together experts who explore these concepts from the perspectives of Christianity, Buddhism, Sufism, the Goddess tradition, Judaism, Native American spirituality, Taoism, and Hinduism/Yoga. In Modern Psychology and Ancient Wisdom: Psychological Healing
