The Five Invitations Discovering What Death Can Teach Us About Living Fully

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a radical path to transformation. The Five Invitations: -Don’t Wait -Welcome Everything, Push Away Nothing -Bring Your Whole Self to the Experience -Find a Place of Rest in the Middle of Things -Cultivate Don’t Know Mind These Five Invitations show us how to wake up fully to our lives. They can be understood as best practices for anyone coping with loss or navigating any sort of transition or crisis; they guide us toward appreciating life’s preciousness. Awareness of death can be a valuable companion on the road to living well, forging a rich and meaningful life, and letting go of regret. The Five Invitations is a powerful and inspiring exploration of the essential wisdom dying has to impart to all of us.

A revised and expanded edition of the definitive guide to the Diamond Approach, the modern contemplative practice that integrates psychology and spirituality and emphasizes the importance of self-inquiry. The Diamond Approach has been developed and taught over the last forty-five years by Hameed Ali, who is known chiefly by his pen name, A. H. Almaas. This book, the first to offer a full overview of the Diamond Approach, is now revised and expanded with a new foreword by Almaas, a new preface by the author, and a new chapter that explores the most recent developments in Almaas's teaching and practice methods. Author John Davis offers a rich, compelling introduction to the unique spiritual tradition that philosopher Ken Wilber recommends as "the most balanced of the widely available spiritual psychologies/therapies." Influenced by ancient traditions such as Sufism and Buddhism as well as by modern psychology, the Diamond Approach is particularly well-suited to twenty-first century seekers who embrace both spirituality and science. Beginning with an account of his own work with the Diamond Approach, Davis proceeds to outline the tradition's central practice of Inquiry, a form of open-ended exploration of present-moment experience akin to mindfulness practice. From there, he launches readers into an exploration of metaphysical concepts such as soul, space, Essence, self-realization, and the dimensions of Being. Complex yet concise, profound yet accessible, The Diamond Approach offers readers bold new perspectives on reality and human potential.

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Death may be inevitable, but fearing the end-of-life is avoidable. Learn how to put your fear of your final days to rest. We all know we are going to die, but live as though we don't believe it. Rather than explore our options and consider the possibilities that can impact our final days, we ignore the idea altogether out of fear. By avoiding the topic of death, we increase the pain and grief we experience at the end of life, and the suffering of those left behind. After three decades of caring for the dying, Dr. Jeff Spiess argues that if we honestly face our mortality, we will make wiser decisions, die with less distress, and live the remainder of our lives, whether days or decades, more fully and with less anxiety. Using cultural and religious references alongside poignant narratives, this optimistic work informs, inspires, and challenges our cognitive and emotional understandings of our own lives and deaths. Dying with Ease contains the practical nuts and bolts information about advance care planning, hospice, palliative care, and ethical and legal issues surrounding dying in America. Dr. Spiess answers such questions as: How can I plan for the last part of my life? What options do I have if my suffering is unbearable? What do religion and spiritual philosophy have to say about dying? What does it feel like to die? While dying can be difficult, it can also be beautiful. By learning to relax in the face of death at our current stage of life, we can make wiser and more authentic decisions throughout the rest of our lives-- however long they may be.
Traditional Chinese edition of The Untethered Soul: the journey beyond yourself. As a spiritual teacher, Michael Singer takes us step by step through the practice of intellectual Yoga; help liberate us from our self-image and become a happy and creative soul. In Traditional Chinese. Distributed by Tsai Fong Books, Inc.
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