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Ways To Reconnect And Find Peace In Everyday
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The Inner Beauty Bible: Mindful rituals to nourish your soul
Nurturing the Souls of Our Children
Nurturing Your Baby's Soul
The Mother's Guide to Self-Renewal
Making a Home for Faith
Nurturing the Soul of the Youth Worker
Knowing Woman
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Happy Kids
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Searching the Scriptures
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Windows of the Soul
Silencio
Nurturing the Neglected
Nurturing Wisdom
Nurturing Your Teenager's Soul

The Inner Beauty Bible: Mindful rituals to nourish your soul

Small groups transform churches—and lives. Small group leaders often feel the weight of shepherding their members. But who shepherds the shepherd? And what are the best ways to provide that support

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and guidance? These are the questions answered in *Coaching Life-Changing Small Group Leaders*. When you're called to coach a small group leader in your church, your mind may be filled with questions: Am I godly enough? What do I have to offer? How do I begin? Although the challenge seems immense, this handbook breaks down the work into reassuring and achievable steps. Originally self-published by Willow Creek Community Church, this expanded and improved edition offers field-tested and biblically supported advice on such topics as modeling a surrendered life to those you shepherd gaining the tools and wisdom you need for coaching helping leaders grow spiritually nurturing the spiritual development and support of leaders. For those who want to coach with excellence and truly help small group leaders thrive, this go-to guide offers practical answers and inspiring examples. You'll find both challenge and promise in these pages as you learn to carry forth your God-given calling with confidence. "We ask small group leaders to come alongside their group members, but often no one comes alongside them. This is a great tool from two people who have done exactly that for a long time. Small group leaders everywhere will benefit from this kind of coaching."

Nurturing the Souls of Our Children

What keeps us from flourishing in our spiritual lives is a neglect of the inner life of the soul. And more and more today, this neglect is driven by our ambition to accomplish something big outside ourselves. We live in a society that pressures us to achieve

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professionally, socially, and through the constant acquisition of material possessions. Drawing on a wide range of sources including scripture, church history, psychology, and neuroscience, as well as a rich variety of stories from his own life, Ken Shigematsu demonstrates how the gospel redeems our desires and reorders our lives. He offers fresh perspective on how certain spiritual practices help orient our lives so that our souls can flourish in the midst of a demanding, competitive society. And he concludes with a liberating and counter-cultural definition of true greatness. This book will appeal to anyone who longs to experience a deeper relationship with Christ in the midst of the daily pressures to succeed, as well as to those on the borderlands of faith seeking to transcend the human tendency to define ourselves by our production and success.

Nurturing Your Baby's Soul

In *The Artisan Soul*, Erwin Raphael McManus, author, thought leader, and founder of MOSAIC in Los Angeles, pens a manifesto for human creativity and the beginning of a new renaissance. McManus not only calls us to reclaim our creative essence but reveals how we can craft our lives into a work of art. There are no shortcuts to quality, and McManus celebrates the spiritual process that can help us discover our true selves. McManus demonstrates that we all carry within us the essence of an artist. We all need to create, to be a part of a process that brings to the world something beautiful, good, and true, in order to allow our souls to come to life. It's not only

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the quality of the ingredients we use to build our lives that matter, but the care we bring to the process itself. Just like baking artisan bread, it's a process that's crafted over time. And God has something to say about how we craft our lives. With poignant, inspirational stories and insights from art, life, history, and scripture interspersed throughout, McManus walks readers through the process of crafting a life of beauty and wonder.

The Mother's Guide to Self-Renewal

"What can you do to increase your child's potential before he or she is born? And Is it possible to communicate with the soul of your unborn child? Nurturing Your Baby's Soul offers essential insights into the inner life of the unborn child. It gives practical spiritual techniques and meditations you can use to help develop your baby's unique gifts. This inspiring guide for spiritual parenting reveals how you can bond and communicate with your baby's soul before birth, prepare yourself spiritually for parenting, improve your relationships and spiritualize your marriage. It also explores how you can practice prayer, meditation and affirmations for the conception and protection of that special soul you want to bring into your life, how you can use sound, music and art to transform the body, mind and soul of your unborn child, and how you can help your child reach their highest potential and fulfill their life's mission. Includes charts, illustrations, recommended music selections, meditations, visualizations and affirmations."

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Making a Home for Faith

Part memoir, part manifesto, *Soulbbatical* is an invitation to become Chief Soul Officer of your own life—and to open up a whole new world of possibility. Former Harley-Davidson executive Shelley Paxton did just that. She walked away at the peak of her twenty-six-year marketing career and embarked on a profoundly personal journey to reconnect with her true purpose and deepest desires. She called it her “Soulbbatical,” and it not only changed her life, it became her calling. Paxton had a wildly successful life by most definitions—iconic brands, executive titles, and a globe-trotting career that took her to over sixty countries. She had one of the coolest jobs in the world, yet couldn’t shake the feeling that she had lost herself along the way. Something was missing. Here, she takes you on a sometimes harrowing, often hilarious journey through the illness, divorce, addiction, and tragedy that finally woke her up. Suddenly she was rebelling for her best life, and embracing a new mission: to encourage others to live their most authentic, courageous, and purposeful lives—today. *Soulbbatical* is an unconventional, exhilarating, and totally badass road map to discovering what you really want—and getting it. Because no matter how far you’ve strayed from your soul’s true path, it’s never too late for transformation.

Nurturing the Soul of the Youth Worker

SILENCE IS GOLDEN The Leadership Transformations team of 22 writers has assembled a year-long

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collection of soul-enriching reflections. Using *Silencio* as your guide into the life you long to live will be transformative for you and all who join you. This collection features 52 weekly reflections and 12 additional ones to accompany you in the church calendar. Each chapter contains an introduction to the theme, a public domain hymn for prayerful consideration, questions to ponder and exercises to practice, as well as a prayer and additional suggested resources. *Silencio* is Latin for silence, and often considered the first step into *lectio divina*, or sacred reading. Silence is the first rhythm of the deeper journey and the place where God often speaks the loudest. In silence we quiet ourselves in his love and prepare to receive the abundant life offered to us by our loving God. We know that the need for quiet, spacious encounters with God is universal. In our day of distraction and superficiality, our soul longs for profound, unhindered peace. Rhythms of grace guide us into sacred space in the presence of the living God. This unique resource will contribute to the depth of your soul and the vitality of your service in the Kingdom of God through the slow, steady, often hidden work of God.

Knowing Woman

Wine is a wonderful, lavish, and mysterious gift from God. Gisela Kreglinger, the daughter of a vintner and trained as a theologian, invites us to discover wine as part of a more full-bodied Christian spirituality. Along with bread, wine is the gift we receive at the table of communion. Through these gifts we experience God's

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glorious and loving presence among us, feeding and nurturing us in body, soul, and spirit.

The Artisan Soul

As Christians, we know that we are new creations in Jesus. So we try to act differently, hoping this will make us more like Him. But changing our outward behavior doesn't change our hearts. Only by God's grace can we be transformed internally. Renovation of the Heart lays a biblical foundation for understanding what best-selling author Dallas Willard calls the "transformation of the spirit"—a divine process that "brings every element in our being, working from inside out, into harmony with the will of God." This fresh approach to spiritual growth explains the biblical reasons why Christians need to undergo change in six aspects of life: thought, feeling, will, body, social context, and soul. Willard also outlines a general pattern of transformation in each area, not as a sterile formula but as a practical process that you can follow without the guilt or perfectionism so many Christians wrestle with. Don't settle for complacency. Accept the challenge Renovation of the Heart offers to become an intentional apprentice of Jesus Christ, changing daily as you walk with Him.

Rhythms of Growth

Nurturing, supportive, and empowering, this year-long guide featuring monthly themes, inspirational stories, and soul-searching exercises, focuses on enhancing balance and emotional well-being in mothers' lives.

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Recognising that they are over their "to do" lists, the guide gives mothers permission to care for and nurture themselves and reconnect with who they are. Soothing the body, mind, and soul like a cup of hot tea, and providing a mini retreat away from the hectic stress of day-to-day parenting, it invites women to reclaim their lives -- to learn about the power of self-care and how it can be their best friend, to manage and increase their energy, to adopt a "good is good enough" approach, and to become more comfortable saying no.

Soul Conversations

Praise for *Windows of the Soul* Every once in a while a book comes along that makes you stop and think—and then think some more—like Ken Gire’s wonderful book *Windows of the Soul*.—John Trent in *Christian Parenting Today* Ken Gire has created a book that gently pours forth, like water out of a garden bucket, cleansing our thoughts and opening the petals of our spirits, providing us with a new sense of clarity in our search for God. —Manhattan (KS) Mercury Each word, each phrase, is painstakingly wrought, loaded with thoughts and prayer, and filled with new glimpses of God’s love, grace, and strength. —The Christian Advocate *Windows of the Soul* will surprise you with the many and varied windows God uses to speak to us. With the heart of an artist, Ken Gire paints word pictures in prose and poetry that will thrill your heart.—Mature Living *Windows of the Soul* is a rare book, resounding with the cry for communion that is both ours and God’s. With passion, honesty,

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and beauty, Ken Gire calls us to a fresh sensitivity to God's voice speaking through the unexpected parables that surround us.—Christian Courier

Nurturing Your Baby's Soul

Nurturing the Souls of Our Children proposes that psychologically and spiritually balanced parents are best equipped to relate more deeply and joyfully to the uniqueness of their children. This is nurturing the soul. It is what children today need more than anything else. Based on their experience as parents, as church ministers, and as professional counselors for over 25 years, Dr. Thomas Geary and his wife Bonnie are well qualified to integrate the psychological with the spiritual. Their book offers hope to frequently overwhelmed and confused parents searching for values and guidelines in an increasingly materialistic society. Their suggestions are clothed in practical, humorous, and touching stories reflective of the real world where families live.

The Soul of Wine

PAREIGN'S Nurturing Rhymes contain Powerful spiritual Principals, Perfectly 3hymed verses and Phenomenally inspiring messages intended to ignite the very soul of a Nation. The author's Passion for the souls of others is revealed in poems such as, " The Hook of Love ", and " Supermen ". Read for yourself as the author encourages the youth of an entire nation in a time of rampant violence and blatant disrespect for all authority in, " True Rap ", " Tell

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Grandma " and " Earthen Treasures ". Allow yourself to be amazed by the fire hot messages to parents and community leaders contained in, " A Mother's Love ", " Power To The People " and " Wake Up Call ". Feel the warmth kindled within your heart from Poetically romantic rhymes of love and devotion as you read , " Forgotten Queens ", " Tests of Time " and the award and prize winning, " Someone ", just to mention a few.

Dial Love

The revised and updated edition of this classic Christian family resource that shows families how to articulate their faith features a new chapter six. It takes into account the growing number of blended families in the U.S., and discusses multi-faith and multi-cultural families and the challenges they face. Parents, guardians, and those who do ministry with children will benefit from this book.

Plant Tribe

In the hustle and bustle of everyday life, how do we, as parents, honor the spirituality of our children? As we shuttle between school, soccer practice, piano lessons, ballet lessons, birthday parties, and doctors' appointments, how do we find the time to encourage our children, through the ups and downs of growing up, to turn to God for guidance? In 10 Principles for Spiritual Parenting, Mimi Doe and Marsha Walch open our eyes to the spontaneous, creative, freethinking joy that characterizes a child's innate spirituality. In ten easy-to-follow chapters containing exercises and

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practical suggestions, the authors point out that opportunities to express spirituality are abundant in our routine life. Talking at dinner, lighting candles, performing daily chores--all of these events have the potential to be sacred moments. Contemporary parents face unique challenges: In our media-saturated culture, children are continually exposed to violence, cynicism, and a confusing code of ethics. By offering concrete ways to help children develop positive values, Mimi Doe and Marsha Walch support parents' efforts to counteract negative messages. *10 Principles for Spiritual Parenting* is an invaluable guide for parents who yearn to help their children nurture a rich spirituality of their own.

Nurturing Your Child's Soul

"Advice and practices for supporting family peace, harmony, and connection in daily life from a life-balance coach"--Provided by publisher.

Coaching Life-Changing Small Group Leaders

In *Rhythms of Growth*, Linda Douty uses the seasons of the year to illustrate natural trends in our spiritual lives. For winter, she writes about themes of rootedness, fallow times, reflection; for spring awakening, planting, new growth, storms; for summer bearing fruit, abundance, blossoming, weeding, and pests; for fall letting go, sifting, harvesting. Douty's conversational style and ability to bring together the everyday and the holy make this book appealing for

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the woman who wants a devotional book that is applicable to everyday life.

Nurturing the Soul of Your Family

If you don't honor your own soul, who will? Nourish your spirit through examining your hopes and dreams. Relish in your friendships, courage, and possibilities. Seek joy and wisdom in day-to-day life, and above all else, remember that you are more than good enough. *You Are Worth It* is a journey through encouraging and uplifting affirmations. Through 52 weeks of guided challenges and declarations, you'll be brought to a place of self-acceptance and gratitude. After a year's worth of work on yourself, you'll be excited to embrace the limitless possibilities that await you with a confident and abundant mindset. Book jacket.

Restoring the Teenage Soul

As we enter a new millennium, the teenage years have never been more difficult. We can tell by their behaviour: School shootings. Teen pregnancy, Fatal car crashes. Binge drinking. Dropping out. But now's not the time to give up on the next generation, says author Meg Meeker, a Michigan child and adolescent physician, who has worked closely with teens for nearly twenty years. Teens, she believes, are crying out for help -- and it's up to the parents and adults in their lives to respond. This book will help you understand why our teens are getting into trouble. Why teens are depressed and suicidal. Why teens are

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looking for love in the wrong places. Dr Meeker contends that the fundamental needs of teens are not being met, which results in them trying to find their own way in an unfriendly culture. Yet all is not lost, if adults are willing to be there for the teens in their lives. Uplifting, frank, encouraging and conversational, this book will inspire any adult to get involved. So what are you waiting for?

Pareign's Nurturing Rhymes

Thomas Moore is the renowned author of *Care of the Soul*, the classic #1 New York Times bestseller. In *Ageless Soul*, Moore reveals a fresh, optimistic, and rewarding path toward aging, one that need not be feared, but rather embraced and cherished. In Moore's view, aging is the process by which one becomes a more distinctive, complex, fulfilled, loving, and connected person. Using examples from his practice as a psychotherapist and teacher who lectures widely on the soul of medicine and spirituality, Moore argues for a new vision of aging: as a dramatic series of initiations, rather than a diminishing experience, one that each of us has the tools—experience, maturity, fulfillment—to live out. Subjects include: *Why melancholy is a natural part of aging, and how to accept it, rather than confuse it with depression *The vital role of the elder and mentor in the lives of younger people *The many paths of spiritual growth and learning that open later in life *Sex and sensuality *Building new communities and leaving a legacy *Ageless Soul* will teach readers how to embrace the richness of experience and how

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to take life on, accept invitations to new vitality, and feel fulfilled as they get older.

Soulbbatical

Christine Valters Paintner, author of *Water, Wind, Earth, and Fire*, invites readers to discover and develop their creative gifts in a spirit of prayer and reflection. This twelve-week course draws on the insights and practices of Benedictine spirituality to explore the interplay between contemplation and creativity. Summarized in the phrase "pray and work," *The Rule of St. Benedict* provides the inspiration for Christine Valters Paintner's newest exploration of the mutually nourishing relationship between contemplative practices and creative expression. Artists of all stripes and stations in life--poets or painters, potters or photographers--will discover how traditions of Benedictine, Celtic, and desert spirituality can offer new sources of inspiration for their work. Through this twelve-week course, themes like "Sacred Tools and Sacred Space," "Creative Solitude and Community," and "Nature as a Source of Revelation and Inspiration" are enriched by Paintner's perceptive discussion and enhanced by insightful quotations from well-known artists and writers. Each week offers suggestions for grounding both the creative and the spiritual life through three basic practices: walking, lectio divina, and journaling. In sync with Paintner's vibrant Internet presence, *The Artist's Rule* is supplemented with online resources, including guided meditation podcasts, video lessons, and discussions.

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You Are Worth It

Many of us worry about our kids getting pulled under by our culture's negative currents. We try to shout over the roar of media blitzes, misguided values in the schools, and peer pressure. And we wonder how to raise faithful children. For parents who sometimes feel they haven't done enough, Jones provides ideas for taking small steps toward communication and intimacy, showing you how to take advantage of teachable moments by fully "focusing on the present."

The Artist's Rule

We all have inner beauty. This is your one-stop handbook to nurturing beauty and wellbeing from the inside out.

10 Principles for Spiritual Parenting

Much like Neale Donald Walsh's Conversations with God except this time God provides a manual, with instruction for those interested in making a clear connection to his divine guidance. This extraordinary dialogue conveys an unmistakable message of truth. The Divine Intelligence Almighty Love Light Omnipresent Vibrational Energy is a channeled work from God. The Real McCoy and a must read! Donna Lynn was a remarkable person. She was a Healer and an Educator. A woman of Conscience, Character and Commitment. A loving daughter, a devoted wife, an accomplished Pilot, a bringer of light. Donna touched

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the hearts of many before she succumbed to the disease Amyloidosis in May 2011 just 50 years of age and in the prime of her life Before Donna left this world she gave us this book, the DIAL LOVE Gods Planetary Guide for Attaining Happiness through Spiritual Fulfillment

Survival Guide for the Soul

When we choose retreat we make a generous investment in our friendship with Christ. Seasoned spiritual director Ruth Haley Barton gently and eloquently leads us into an exploration of retreat as a key practice that opens us to God, guiding us through seven invitations to retreat. You will discover how to say yes to God's winsome invitation to greater freedom and surrender.

Invitation to Retreat

"You are gifted-but not for yourself. You must help millions of people." Jo Mills Garceau was eight years old when she received this message from her inner soul. Growing up a child of convention, she became a prominent 1970's feminist politician, then found transcendence in spiritual community, and embraced the Divine Feminine. During her search for the true meaning of life, Garceau's soul guided her. She discusses how in Knowing Woman--signs in nature, synchronous events, visions, meditations, speaking in tongues, kundalini, dreams, astrology, and more. Soul messages, she says, are the heart and truth of who we are. In Knowing Woman, Garceau invites you to

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reflect on your personal journey, find your voice, contribute your gift to the world, and truly embrace the sacred feminine within.

Nurturing the Soul of Your Family

Do you want to change something in your world? Do you want to do something that leaves a mark? A beautiful legacy can only come from a soul that has been tended to. To do this, you need to care for yourself. You need to love you. You need to nurture the neglected parts of your body, spirit, and soul. Nurturing the Neglected isn't meant to be a full-blown 30-Day Devotional. Instead, it's meant to be a 30-Day Inspirational. This book is simply the skeleton to allow God to build on and add life to. Instead of spoon-feeding you an entire meal I want to give you the ingredients to make a life that you love--that sustains you, and that nourishes your soul. This book won't be some easy read-it-and-you're-done-for-the-day kind of book. Instead, it's meant to inspire you, to lead you to God, to create a dissatisfaction in your "normal," so you run to the arms of your Creator to learn His normal.

Radical Compassion

Renovation of the Heart

A meditation book for women seeking to raise to their self-esteem & connect more fully with themselves.

Happy Kids

"Synthesizing across disciplines--Attachment, Polyvagal, Neuroscience, Child Development Theory, Trauma, and Somatics--this book provides a new lens through which to understand safety and regulation. For therapists working with both adults and children and anyone dealing with symptoms that typically arise from early childhood trauma--anxiety, behavioral issues, depression, metabolic disorders, migraine, sleep problems, and more--this book offers fresh hope"--

Nurturing Resilience

The bestselling authors of Urban Jungle delve into the many ways that nurturing plants helps nurture the soul This new book by the authors of the bestselling Urban Jungle addresses the life-changing magic of living with and caring for plants. Aimed at a wider audience than typical houseplant books, each chapter combines easily digestible plant knowledge, style guidance via real home interiors, and inspiring advice for using plants to increase energy, creativity, and well-being and to attract love and prosperity. Also included: real-world @urbanjungleblog followers' FAQs; a section on plants and pets; and plant care for the different stages of a houseplant's life. The focus is on using plants to raise the positive energy of every room in the house and to live happily ever after with plants.

Coming Home to Myself

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Depression in children is growing at such a rate that it is now recognised as a major health problem, both in the UK and internationally. This book, by the bestselling author of *Beat Depression and Reclaim Your Life*, will help deal with this problem in a friendly and practical way. With clear explanations of what depression is and how kids get depressed, along with practical advice on managing the symptoms and nurturing the child, this book will offer hope to all parents whose children are struggling with this increasingly common condition. The book includes chapters on: What is depression? Managing the symptoms Nurturing the child Building a team around the child The importance of Family Alexandra Massey uses her expert knowledge and her own experience of childhood depression (both her own and that of her child) to offer positive help and support to parents.

Ageless Soul

The author of *10 Principles for Spiritual Parenting* offers a practical approach to raising a kind, honorable, and compassionate teen. Parents are shown how to give their teenager the spiritual resources he or she will need to become a safe, happy adult.

Wholeness in Hope Care

One of the most beloved and trusted mindfulness teachers in America offers a lifeline for difficult times: the RAIN meditation, which awakens our courage and heart Tara Brach is an in-the-trenches teacher whose

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work counters today's ever-increasing onslaught of news, conflict, demands, and anxieties--stresses that leave us rushing around on auto-pilot and cut off from the presence and creativity that give our lives meaning. In this heartfelt and deeply practical book, she offers an antidote: an easy-to-learn four-step meditation that quickly loosens the grip of difficult emotions and limiting beliefs. Each step in the meditation practice (Recognize, Allow, Investigate, Nurture) is brought to life by memorable stories shared by Tara and her students as they deal with feelings of overwhelm, loss, and self-aversion, with painful relationships, and past trauma--and as they discover step-by-step the sources of love, forgiveness, compassion, and deep wisdom alive within all of us. A PENGUIN LIFE TITLE

Searching the Scriptures

"What can you do to increase your child's potential before he or she is born? And Is it possible to communicate with the soul of your unborn child? Nurturing Your Baby's Soul offers essential insights into the inner life of the unborn child. It gives practical spiritual techniques and meditations you can use to help develop your baby's unique gifts. This inspiring guide for spiritual parenting reveals how you can bond and communicate with your baby's soul before birth, prepare yourself spiritually for parenting, improve your relationships and spiritualize your marriage. It also explores how you can practice prayer, meditation and affirmations for the conception and protection of that special soul you want to bring

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into your life, how you can use sound, music and art to transform the body, mind and soul of your unborn child, and how you can help your child reach their highest potential and fulfill their life's mission. Includes charts, illustrations, recommended music selections, meditations, visualizations and affirmations."

Soul Planner

"Advice and practices for supporting family peace, harmony, and connection in daily life from a life-balance coach"--Provided by publisher.

Windows of the Soul

Are you getting the spiritual nourishment you need? We've all experienced times when we have not eaten a balanced diet or we've eaten too many sweets. We feel sick, light-headed, and occasionally depressed, or we become irritated and edgy. It's the body's way of letting us know that it's lacking sufficient nourishment. Optimal health requires optimal nutrition. The same is true spiritually speaking. Without sufficient and regular biblical nutrition, our inner life begins to suffer the consequences. We become shallow and selfish, more demanding and less gentle, and quick to react impatiently, rashly, and angrily. These are telltale signs of inner malnutrition. In *Searching the Scriptures*, respected Bible teacher Chuck Swindoll shows us how to dig deep into Scripture and uncover its profound truths for our lives. He outlines the principles of Bible study that will help

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you understand God's Word, apply it, and communicate it clearly to those around you. Too many people try to go it alone, without a guide, for this life and the next. Chuck explains how we can fix our own spiritual meals, then invites us to feast on nourishing truths we can discover in God's Word.

Silencio

Nurturing Wisdom: Daily Inspiration to Be All You Can Be presents a valuable guidebook and a useful tool to use on a daily basis for encouragement. Select a page and read the words as a focus for your day to align with the light, love, and wisdom that resides within you. Nurturing Wisdom provides assistance for all those times when you are going through stress, fear, or pain, and find yourself in need of support. You don't have to suffer alone. Sometimes all we need to reconnect with the wisdom and centre of love that resides within us is a nudge to reconnect, to remember, and to become empowered. Author Rosalind Sansbury has offered 365 thoughts that serve as just that inspiring little push. From thoughts on being brave to encouragement to do all things with passion and joy, she gives us the chance to reflect on the idea that will continue us to move us along on our journey of life. BE BRAVE enough to do what sits right WITHIN YOUR HEART! Often we know something we choose isn't in harmony with ourselves, but we choose it to please others. When this occurs, we do everyone a disservice, not honouring our authentic selves. HONOUR your authentic self. SPEAK and BE YOUR TRUTH, with LOVE. Nurturing Wisdom: Daily

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Inspiration to Be All You Can Be presents a valuable guidebook and a useful tool to use on a daily basis for encouragement and inspiration. Select a page and read the words as a focus for your day to align with the light, love, and wisdom that resides within you. Nurturing Wisdom provides assistance for those times when you are going through stress, fear, or pain, and find yourself in need of support. You don't have to suffer alone. Sometimes all we need to reconnect with the wisdom and centre of love that resides within us is a nudge to reconnect, to remember, and to become empowered. You have the answers within you! this book is a daily pathway to peace and a gift to your soul." Gina Stamas - Community Director of Adelaide Wellbeing "Rosalind Sansbury's words are a call back to the soul. Her book is accessible to anyone, regardless of their spiritual background or learning. For those on the path to remembering Spirit, Nurturing Wisdom will be a good friend in time of need." - Bradley McCann, Writer Through her encouraging gentle words Rosalind helps us embrace our Divine Nature, to celebrate ourselves and our life. The ideal practice to begin the day or complete the day is with these inspirational messages from Rosalind's Heart to yours." - Liz Elliss of Simple Living

Nurturing the Neglected

Throughout his life, the apartheid activist, Nelson Mandela (Madiba), maintained, 'In the darkest moment there is always hope. We must never give up'. Hope as a mode of the courage to be (Paul Tillich), points to what the Sociologist Peter Berger

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calls: signals of transcendence. Wholeness in Hope Care explores the rich tradition of hope in wisdom, philosophy and Christian theology. It connects non-hope/un-hope (Gabriel Marcel: inespoir) to a theology of compassion in soul care (cura animarum).

Resurrection hope (theologia resurrectionis) points to the healing of life (cura vitae) and the preservation of land (cura terrae). In order to describe the helping and healing dimension in pastoral caregiving, the term 'promissiotherapy' has been coined. Daniel Johannes Louw was Dean of the faculty of theology at the University of Stellenbosch (2001-2005), President of the International Academy of Practical Theology (IAPT) (2003-2005) and President of the International Council for Pastoral Care and Counselling (ICPPC) (2011-2015). (Series: Pastoral Care and Spiritual Healing) (Series: Pastoral Care and Spiritual Healing - Vol. 3) [Subject: Pastoral Studies, Religious Studies, Christianity]

Nurturing Wisdom

The Soul Planner is an annual planner that includes daily, weekly, monthly, quarterly and annual templates for you to fill in. The 2019 Soul Planner combines practical goal setting and weekly planning with powerful visioning and nurturing practices to feed your soul. It empowers you to create space and track your deepest desires and then take action on them. The Soul Planner provides a structure and proven framework for you to get sh*t done and take care of yourself in the process. Think of it as part journaling, part planning. What makes the Soul

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Planner truly unique is that it helps you create a big, bold vision for 2019, and then gives you the steps to translate that vision into granular actions. The Soul Planner will transform your year by helping you stay on track with quarterly, monthly and weekly check-ins and actions. The Soul Planner is the ideal balance of introspection and action. Our experience has been that flexing our introspective and action-oriented muscles separately have each been highly effective, so imagine the potential results when that muscle power is combined! That's called soul power! What are you waiting for? Get organized and dream big with our 2019 Soul Planner! You've got this!

Nurturing Your Teenager's Soul

Soul Conversations reveals how you can tap into your soul's wisdom, connect with the universe, and communicate with loved ones and guides in the spirit world. Drawing on the author's extensive training and experience, you'll learn how to develop intuition, cultivate your "soul senses," and create a personal spirituality that interweaves the invisible world with the everyday fabric of your life. We are all connected—to each other and to an infinite intelligence that some call spirit, source, universe, or God. To come to the understanding that we are spiritual beings having a human experience, we must reacquaint ourselves with our very essence, or soul. This book invites you to embark on that magical journey and explore the eternity of the universe within each of us. Written by spiritual medium Austyn Wells, Soul Conversations is the first guide to offer

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practical tools based in grief counseling, spirit communication, hypnotherapy and regression, indigenous medicine, and energy exercises to help you align your everyday thoughts and actions with your deepest wisdom for a soul-centered life. Drawing on the author's extensive training and experience—including training in shamanism, as well as years of working with other souls seeking similar illumination—this book will help you: Explore the illusions and truths of self, and honor the oneness of dark and light Discover the “soul senses” and how they connect you to universe and spirit world Explore soul-to-soul communication with loved ones, animals, and spirit guides Strengthen your connection to nature and with divine guidance Deepen your soul presence in self-care and relationships And much more! With the meditations, activities, and experiments in this unique guide, you'll create a bridge to the invisible world and move toward living a more authentic, soul-fulfilling, spiritual life.

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