

The book cover features a vibrant, stylized illustration of a person with their back to the viewer, sitting in a meditative posture on a dark, rounded object in a lush garden. The garden is filled with various plants, including large green leaves, a white lotus-like flower, a blue flower, and a pink flower. In the background, there are tall, thin trees and a large, soft pink shape that resembles a mountain or a large rock. The overall style is reminiscent of mid-20th-century spiritual or nature-themed art.

The Open Way

a Meditation
Handbook

Gerald G. May

The Open Way A Meditation Handbook

Morton T. Kelsey



The Open Way A Meditation Handbook:

The Open Way Gerald G. May,1977-01-01 **Transpersonal Psychotherapy** Seymour Boorstein,1996-01-01 Breaches the wall between the psychotherapeutic and the sacred as respected pioneers in the field give their vision of the synergistic potential in these two powerful traditions *Spiritual Connections* Brian P. Hall,2006-08-01 In *Spiritual Connections The Journey of Discipleship and Christian Values* psychologist priest Brian P Hall shares his own discernment of God s will in order to instruct others about their own personal discernment of Jesus call to discipleship In easily read though highly focused form he instructs the reader on practical skills basic to making faith hope and love vital Here is a map of the landscape of discipleship as mediated by the values which energize our lives The thoughtful reader will come away with a deeper sense of his or her own values how these reflect and express one s personal relationship with Jesus and from an empirical research point of view how elegantly these values make sense of our being called forth into all that God intend us to become James B Ashbrook author of *Minding the Soul Pastoral Counseling As Remembering* Dr Brian P Hall is Professor Emeritus of Pastoral Counseling at Santa Clara University and an ordained Episcopal priest He is also chairman of Values Technology an organization committed to training religious and corporate leaders in values theory and its application in order to bring about changes that result in a more caring interdependent society worldwide [International Meditation Bibliography, 1950-1982](#) Howard R. Jarrell,1985 See Reviews **The Other Side of Silence** Morton T. Kelsey,1997 A classic work on Christian meditation **Clinical Handbook of Mindfulness** Fabrizio Didonna,2008-12-04 Over the last two decades Eastern psychology has provided fertile ground for therapists as a cornerstone a component or an adjunct of their work In particular research studies are identifying the Buddhist practice of mindfulness a non judgmental self observation that promotes personal awareness as a basis for effective interventions for a variety of disorders The Clinical Handbook of Mindfulness is a clearly written theory to practice guide to this powerful therapeutic approach and related concepts in meditation acceptance and compassion and its potential for treating a range of frequently encountered psychological problems Key features of the Handbook A neurobiological review of how mindfulness works Strategies for engaging patients in practicing mindfulness Tools and techniques for assessing mindfulness Interventions for high profile conditions including depression anxiety trauma Special chapters on using mindfulness in oncology and chronic pain Interventions specific to children and elders Unique applications to inpatient settings Issues in professional training Appendix of exercises The Clinical Handbook of Mindfulness includes the contributions of some of the most important authors and researchers in the field of mindfulness based interventions It will have wide appeal among clinicians researchers and scholars in mental health and its potential for application makes it an excellent reference for students and trainees

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