

Ira Progoff Intensive Journal

Exploring the potential for personal growth and learning through journal writing for student and mentor alike, this volume aims to establish journal writing as an integral part of the teaching and learning process. With examples of how journal writing can be, and has been, integrated into educational areas as diverse as health education, higher education, education for women, and English as a Second Language, the contributors demonstrate ways that adult educators can play a role in using journal writing to enhance reflection in learning. It also examines ways that journal writing can blur the boundaries between personal and professional, and raises practical and ethical issues about the use and place of journal writing in a variety of settings. This is the 90th issue of the Jossey-Bass series *New Directions for Adult and Continuing Education*.

How often do we ask ourselves, 'What will make me happy? What do I really want from life?' In *A Life of One's Own* Marion Milner explores these questions and embarks on a seven year personal journey to discover what it is that makes her happy. On its first publication, W. H. Auden found the book 'as exciting as a detective story' and, as Milner searches out clues, the reader quickly becomes involved in the chase. Using her own personal diaries, kept over many years, she analyses moments of everyday life and discovers ways of being, of looking, of moving, that bring surprising joy – ways which can be embraced by anyone. With a new introduction by Rachel Bowlby this classic remains a great adventure in thinking and living and will be essential reading for all those interested in reflecting on the nature of their own happiness – whether readers from a literary, an artistic, a historical, an educational or a

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psychoanalytic/psychotherapeutic background.

"I was drawn to the way Anella placed a spiritual call out to the Universe while standing in her own self-worth." -- Corinne R. In *Hear Me Universe: Attract Your Soulmate by Declaring Your Heart's Desires*, Anella Wetter shares her own personal experience, in this Amazon best seller to show women that in order to find the relationship that aligns with your heart's desires, you have to be truly clear about the qualities of your ideal. *Hear Me Universe* models how to get that clarity. Based on the Law of Attraction, which is the concept that we bring into our lives whatever we are focusing on, *Hear Me Universe* demonstrates how all thoughts turn into things, eventually, and how the untapped abilities of the mind can be accessed to shift our beliefs about our own worthiness to attract the relationship that we sincerely desire. *Hear Me Universe* is your guide to finding the love you seek by first acknowledging your own unique qualities, which means dropping self-judgment; by releasing the negative stories about past loves, which are cluttering your energy; and by sending out a declaration to the universe that you still want the relationship of which you've always dreamed.

An exploration of Jung's concept of human psychic existence which affirms the validity of various levels of astrological, mystical, and parapsychic knowledge and experience Wiley-Jones' coming-of-age travel memoir tracks her transition from a conservative religious upbringing to a more transcendent spiritual experience. As a young girl, she savors various worlds through mission studies and missionaries, who visit her church. Ironically, her religious upbringing and unconventional mission experiences expand rather than narrow her views of the world. Wiley-Jones' mother, wise beyond her own experience, launches Rhonda into the world, discerning that travel is fundamental to growing up with options. A train trip across Arkansas alone at age fourteen,

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an excursion to the 7th Baptist Youth World Conference in Europe at fifteen, summer missionary service in Hawaii at seventeen, and a volunteer Baptist Student Union director in Salt Lake City as a college sophomore, each whet an appetite for learning more about people, culture, and travel. Rhonda's childhood forms a self- and religious-identity. And then over time, adventures in different cultures create a crumbling relationship with her church and generate an appraisal from a more discerning view. At age twenty-seven, she pulls on a backpack to explore the United Kingdom and Ireland, solo. This final declaration of independence coincides with her departure from the church in which she grew up, but not her Christian roots.

Find the practice that's right for you with this exploration of the many paths of meditation—from mantra, prayer, singing, visualizations, and “just sitting” to movement meditations such as tai chi “Everyone has experienced a moment of pure awareness. A moment without thinking ‘I am aware’ or ‘that is a tree.’ Such moments bring a sense of rightness, of clarity, of being at one. Such moments are the essence of meditation.”—Ram Dass Ram Dass is an American psychologist and spiritual teacher who has studied and practiced meditation for many years. Here he shares his understanding and suggests how you can find methods suitable for you. He illuminates the stages and benefits of meditative practice, and provides wise and often humorous advice on overcoming difficulties along the way.

At a Journal Workshop
At a Journal Workshop
The Basic Text and Guide for Using the Intensive Journal Process
Life-study
Experiencing Creative Lives by the Intensive Journal Method
The Practice of Process Meditation
The Intensive Journal Way to Spiritual Experience
The Well and the Cathedral
A Cycle of Process Meditation : with an Introduction on Its Use in the Practice of Meditation
Love Is All Around In

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Disguise Meditations For Spiritual Seekers

This guide gently leads writers from accessible subjects into the heart of meaningful experiences. This easy-to-follow process produces profound, polished memoirs. For both classrooms and individuals. Clear instructions, examples, writing tips. The guide identifies subjects for chapters, prompts spontaneous writing, shows how to breathe life into your writing, and transforms your most significant experiences into compelling memoirs. Furthermore, you will gain insights and appreciation of your inner life as you tell your story, a story that will be irrevocably lost unless written during your lifetime. This revised and updated second edition contains new chapter material, an entire new chapter, and a forward by popular writing teacher Hal Zina Bennett. This edition has been completely redesigned in a larger format with lay-flat binding for ease of use while writing.

This collection includes a kaleidoscope of voices and perspectives from prisoners, former prisoners, scholars, and activists to examine the extraordinarily invisible and closed system of incarceration that characterizes the massive U.S. prison industry. The book explores in multiple ways, the role of writing in carceral settings, including material realities, ethics, and social justice. It is a book about the power of writing as well as its limits. It is a book that celebrates and critiques, challenges, and reveals. It is a book that, like the writing of incarcerated women, repays careful reading.

The Russian word Poustinia means 'desert', a place to meet Christ in silence, solitude and prayer. Catherine Doherty combines her insights into the great spiritual traditions of the Russian Church with her very personal experience of life with Christ.

All the creative art psychotherapies (art, dance, music, drama, poetry) can trace their roots to C. G. Jung's early work on active imagination. Joan Chodorow here offers a collection

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of Jung's writings on active imagination, gathered together for the first time. Jung developed this concept between the years 1913 and 1916, following his break with Freud. During this time, he was disoriented and experienced intense inner turmoil --he suffered from lethargy and fears, and his moods threatened to overwhelm him. Jung searched for a method to heal himself from within, and finally decided to engage with the impulses and images of his unconscious. It was through the rediscovery of the symbolic play of his childhood that Jung was able to reconnect with his creative spirit. In a 1925 seminar and again in his memoirs, he tells the remarkable story of his experiments during this time that led to his self-healing. Jung learned to develop an ongoing relationship with his lively creative spirit through the power of imagination and fantasies. He termed this therapeutic method "active imagination." This method is based on the natural healing function of the imagination, and its many expressions. Chodorow clearly presents the texts, and sets them in the proper context. She also interweaves her discussion of Jung's writings and ideas with contributions from Jungian authors and artists.

At a Journal Workshop contains descriptions of the journal sections, operational principles, and techniques for daily use. In this classic work, a noted Jungian analyst explores the division of the human psyche into masculine and feminine. Characteristic of feminine consciousness, she writes, is diffuse awareness, which recognizes the unity of all life and promotes acceptance and relationship. The masculine attitude is one of focused consciousness, the capacity to formulate ideas and to change, invent, and create.

Concerned with the experience of women in a culture dominated by masculine values, the author discusses topics such as the animus (the masculine "soul image" in a woman's unconscious); women's roles in relation to work, friends,

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children, and lovers; and issues such as abortion, aging, and self-determination.

A trenchant case for the use of public shaming as a nonviolent form of resistance, *Is Shame Necessary?* explores how one of society's oldest tools can be used to promote large-scale political change and social reform. Examining how we can retrofit the art of shaming for the age of social media, Jennifer Jacquet shows that we can challenge corporations and even governments to change policies and behaviors that are detrimental to the environment. Urgent and illuminating, *Is Shame Necessary?* offers an entirely new understanding of how shame, when applied in the right way and at the right time, has the capacity to keep us from failing our planet and, ultimately, from failing ourselves.

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Writing a journal is not just about keeping a record of daily

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events - journal writing provides a unique therapeutic opportunity for facilitating healing and growth. The author of this book guides the reader through developing journal writing to use as a therapeutic tool. Keeping a journal can help the writer to develop a better understanding of themselves, their relationships and the world around them, as well as improve skills of problem-solving, decision-making and planning. As such, journal writing can be a powerful complement to verbal therapy, offering an effective and affordable way of extending support to troubled clients. The book includes advice on working with individuals, facilitating a therapeutic writing group, proposed clinical applications, practical techniques, useful journal prompts, exercises and case vignettes. This clear guide to the basics of journaling and its development as a therapeutic medium will be a valuable handbook for therapists, health and social care practitioners, teachers, life coaches, writing facilitators and any professional seeking personal development in themselves or their clients.

Find Insight and Inspiration for Your Creative Life An artist's journal is packed with sketches and captions; some rough, some polished. The margins sometimes spill over with hurriedly scrawled shopping lists and phone numbers. The cover may be travel-worn and the pages warped from watercolors. Open the book, and raw creativity seeps from each color and line. The intimacy and freedom on its pages are almost like being inside the artist's mind: You get a direct window into risks, lessons, mistakes, and dreams. The private worlds of these visual journals are exactly what you'll find inside *An Illustrated Life*. This book offers a sneak peak into the wildly creative imaginations of 50 top illustrators, designers and artists. Included are sketchbook pages from R. Crumb, Chris Ware, James Jean, James Kochalka, and many others. In addition, author Danny Gregory has interviewed each artist and shares their thoughts on living the artistic life

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through journaling. Watch artists—through words and images—record the world they see and craft the world as they want it to be. The pages of *An Illustrated Life* are sometimes startling, sometimes endearing, but always inspiring. Whether you're an illustrator, designer, or simply someone searching for inspiration, these pages will open a whole new world to you.

Action research is a term used to describe a family of related approaches that integrate theory and action with a goal of addressing important organizational, community, and social issues together with those who experience them. It focuses on the creation of areas for collaborative learning and the design, enactment and evaluation of liberating actions through combining action and research, reflection and action in an ongoing cycle of cogenerative knowledge. While the roots of these methodologies go back to the 1940s, there has been a dramatic increase in research output and adoption in university curricula over the past decade. This is now an area of high popularity among academics and researchers from various fields—especially business and organization studies, education, health care, nursing, development studies, and social and community work. The *SAGE Encyclopedia of Action Research* brings together the many strands of action research and addresses the interplay between these disciplines by presenting a state-of-the-art overview and comprehensive breakdown of the key tenets and methods of action research as well as detailing the work of key theorists and contributors to action research. To watch a video of editor David Coghlan discuss the importance of this major reference work as well as the implications, challenges and successes of editing *The SAGE Encyclopedia of Action Research*, click here: <http://youtu.be/P6YqCdZCZCs>

In this book, Father Vincent Dwyer provides a very

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special guide that can help every Christian attain full spiritual and psychological wholeness. "The winds of God's grace are always blowing, but we must make an effort to lift our sails." That is the recurring philosophy that threads throughout this illuminating book. Taking insights from key psychological educators and blending them with the teachings of the great spiritual masters, Father Dwyer shows how this philosophy can help us test, train, and maintain our spiritual development. Then, using his own life experience as a case study of spiritual growth, he lights the way to renewing and enhancing our adult Christian faith.

In 1957 Eileen J. Garrett, the foremost medium in the West; addressed the following question to Dr. Ira Progoff: Could he, on the basis of his studies in depth psychology, tell her what was the nature and meaning of the voices that spoke through her? Dr. Progoff embarked on months of basic research that consisted of conversations with the various figures who spoke through Mrs Garrett when she was in trance. This book contains transcripts of two conversations with Ouvani, "the keeper of the door", two conversations with Tahoteh, "the giver of the word", and two conversations with Ramah, "the giver of life". To these conversations Dr. Progoff applied the methods of depth psychology in an endeavour to discover what the meaning of these voices was for the personality of Mrs Garrett as a whole. Were they in truth dicarnate entitites in which spiritualists were entitled to believe? Or did they have some other significance? Dr. Progoff concludes that "during the past decade, from the pioneer work of C. G. Jung to the more

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recent writings of existential psychology it has increasingly been noted that an experience of ultimate meaning is necessary if in the field of psychotherapy is to succeed. New sources not in the textbooks will need to be tapped, and these conversation with the psychic consorts of Eileen Garrett may well be in the forefront among them".

Expressing painful emotions is hard--yet it can actually improve our mental and physical health. This lucid, compassionate book has introduced tens of thousands of readers to expressive writing, a simple yet powerful self-help technique grounded in scientific research. Leading experts James W. Pennebaker and Joshua M. Smyth describe how taking just a few minutes to write about deeply felt personal experiences or problems may help you:

- *Heal old emotional wounds
- *Feel a greater sense of well-being
- *Decrease stress
- *Improve relationships
- *Boost your immune system

Vivid stories and examples yield compelling insights into secrets, self-disclosure, and the hidden price of silence. The third edition incorporates findings from hundreds of recent studies and includes practical exercises to help you try expressive writing for yourself. It features extensive new information on specific health benefits, as well as when the approach may not be helpful.

One of the world's leading creative artists, choreographers, and creator of the smash-hit Broadway show, *Movin' Out*, shares her secrets for developing and honing your creative talents—at once prescriptive and inspirational, a book to stand alongside *The Artist's Way* and *Bird by Bird*. All it takes to make creativity a part of

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your life is the willingness to make it a habit. It is the product of preparation and effort, and is within reach of everyone. Whether you are a painter, musician, businessperson, or simply an individual yearning to put your creativity to use, *The Creative Habit* provides you with thirty-two practical exercises based on the lessons Twyla Tharp has learned in her remarkable thirty-five-year career. In "Where's Your Pencil?" Tharp reminds you to observe the world -- and get it down on paper. In "Coins and Chaos," she gives you an easy way to restore order and peace. In "Do a Verb," she turns your mind and body into coworkers. In "Build a Bridge to the Next Day," she shows you how to clean the clutter from your mind overnight. Tharp leads you through the painful first steps of scratching for ideas, finding the spine of your work, and getting out of ruts and into productive grooves. The wide-open realm of possibilities can be energizing, and Twyla Tharp explains how to take a deep breath and begin...

Henri Nouwen, a Dutch Roman Catholic priest, was one of the most beloved and important spiritual writers of the twentieth century. Since his death in 1996, his stature has only increased; and his books, including *The Inner Voice of Love*, *The Wounded Healer*, and *The Return of the Prodigal Son*, have become cherished classics. For thousands of readers around the world, Nouwen's influence as a teacher and author is considered equal to, or greater than, that of the century's great spiritual writers, C. S. Lewis and Thomas Merton. Although Nouwen could be radically revealing about his personal thoughts and struggles, there are nonetheless gaps in

our understanding of who he was. With *Wounded Prophet*, readers are given the first extensive look into this man who touched so many, not only through his own words but, most powerfully, through the eyes of those around the world who knew Nouwen best. While researching this compelling biography, BBC producer Michael Ford conducted wide-ranging interviews with Nouwen's friends, colleagues, and family members. What he discovered was far more compelling than what he had imagined: Though Nouwen was indeed the generous and loving man many thought he was, he was also never able to find consistent peace in his own life. Tormenting him were profound feelings of anxiety, insecurity, and loneliness. This portrait gives an honest and well-balanced account of Nouwen's life that leaves no stone unturned, investigating his childhood, his family, his sexuality, and his life as a priest and member of the L'Arche Daybreak community in Toronto.

Profound empathy. Clear insight. A gift for healing. These are just some of the talents of the "spiritually sensitive" person—yet these apparent blessings can often become a source of loneliness, self-doubt, and limitation. *Belonging Here* is a lifesaving book that shows how our spiritual gifts become entryways into both the depths of human connection and our innermost selves. Written by one spiritual sensitive for another, *Belonging Here* draws from Dr. Blackstone's personal story as well as her 30-year psychotherapy practice, which has focused on teaching clients how to integrate personal healing and spiritual awakening through an embodied approach she calls the Realization Process. Join this

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pioneering teacher to explore five of the most common challenges of the spiritually sensitive, along with exercises and meditations for living mindfully and compassionately with each, including: Thin Skin—how to create strong but permeable boundaries between ourselves and the external environment Landing on Earth—staying grounded within the whole of one's body by mending inner fragmentation Hearing the Cries of the World—how to open to our own joy even as we respond to the suffering in the world around us Shape Shifters—removing the protective masks of the false personality The Stranger—how to make the return from self-exile to self-acceptance You can live authentically in a world that once seemed alien. You can find happiness and acceptance where isolation and confusion have reigned. You can come home at last, with Belonging Here.

Intended for use by college and university educators, this book contains theoretical ideas and practical activities designed to enhance and promote writing across the curriculum programs. Topics discussed in the 12 major chapters are (1) conceptual frameworks of the cross writing program; (2) journal writing across the curriculum; (3) writing and problem solving; (4) assigning and evaluating transactional writing; (5) audience and purpose in writing; (6) the poetic function of language; (7) using narration to shape experience; (8) readers and expressive language; (9) what every educator should know about reading research; (10) reconciling readers and texts; (11) peer critiques, teacher student conferences, and essay evaluation as a means of responding to student writing; and (12) the role of the writing laboratory. A concluding chapter provides a select

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bibliography on language and learning across the curriculum.
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The Writing Cure presents groundbreaking research on the cognitive, emotional, and biological pathways through which disclosure and expressive writing influences mental and physical health. Although writing has been a popular therapeutic technique for years, only recently have researchers subjected it to rigorous scientific scrutiny and applied it to persons suffering from physical illnesses such as cancer and hypertension. Contributors present cutting-edge findings on expressive writing and health outcomes and point students and scientists to new avenues of research. The volume is rich in illustrations of clinical applications for this technique and it provides examples of how expressive writing can improve the immune system and lung function, how it can diminish psychological distress and enhance relationships and social-role functioning. It also includes discussions of alternative writing intervention formats, including workbooks and the Internet. Featuring a revealing epilogue by James Pennebaker, one of the pioneers of expressive writing intervention, this volume will be of interest to researchers and practitioners who explore and work with expressive-therapy techniques.

Irene Dugan entered the international Roman Catholic community of women known as the Religious of the Cenacle in 1930, taking her vows in 1938 at the age of twenty-nine. She was a teacher, director of retreats, spiritual guide, and pioneer in depth spirituality-the blending of the traditions of Christian spirituality with modern holistic depth psychology and the arts. The innovative spiritual growth groups for laywomen she began in 1946 continued until her death. In the early 1970s, her interest in psychospiritual integration led her to Dr. Ira Progoff, and she became a Progoff Intensive Journal consultant, conducting innovative workshops in the

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U.S., England, Ireland, Scotland, and France. Irene dedicated many years to exploring the integration of the spiritual exercises of St. Ignatius, founder of the Society of Jesus, with holistic depth psychology. Avis Clendenen met Sister Dugan in 1971 when she was twenty-one and in search of a spiritual mentor. Irene served as her spiritual guide for the next twenty-six years. Their last conversation took place in June 1997, a few weeks before Irene's death. She directed Avis to pick up a box she had left for her at the Fullerton Cenacle. The box contained two copies of her unfinished manuscript, an audio recording of her introduction to the book, and assorted notes and papers. Thus Avis became a trustee of *Love Is All Around in Disguise*, the title Irene had given to her book. The notions of love surrounding us in disguise and of life as an adventure of endless discovery are threads in Irene's unique philosophy of taking the risk to live life to the fullest, of not missing the boat. The First Epistle of John (4:16) records that God is love. This God who is love desires to find a home-to abide-in us. Such love is all around in disguise awaiting our discovery. This book-part polemic, part instruction manual-is the summation of Irene's life work, told in her own words and supported by the rich understanding of her trustee. Avis writes, "In putting together this book, it has been my challenge and graced opportunity to respect her voice and unique expressions in bringing to fruition this singular aspect of her spiritual legacy. This book is] for those seeking a fuller share in the greatness-the potential for fulfilling ourselves-that Irene believed is our destiny." This book is accompanied by an enhanced CD that includes video and audio clips of Irene Dugan and Avis Clendenen, plus the music by Jerri Greer. Fully updated with important new theory and practical material, this second edition of *Learning Journals* offers guidance on keeping and using journals and gives step-by-step advice on integrating journal writing on taught courses,

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in training and professional development and in supporting personal development planning (PDP) activities. Key topics covered include: the nature of learning journals and how we learn from them the broad range of uses of learning journals, including portfolios and personal and professional development the depth and quality of reflection in learning journals the assessment of learning journals and reflective writing the use of narrative and story-telling techniques in journals. With useful exercises and activities that enhance learning journal work in a structured manner, Learning Journals is invaluable reading for teachers and students in higher education, for all professionals, particularly those working in the health services and business and training and for all those who want to learn more about keeping a fulfilling personal journal.

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