

## Spirituality For Dummies

Lost Books of the Bible For Dummies is your one-stop guide to once-hidden works that add a new dimension to Biblical teachings. Most people have heard about the discovery of strange ancient religious writings that are not part the Hebrew Bible or the New Testament, such as the Gnostic Gospels. Now, you will find new insights and a fresh perspective on long-lost works that may have once been in the running for Biblical inclusion, but didn't make the final cut. This easy-to-understand guide examines the sometimes weird, provocative, and profoundly moving texts that have been "lost" as well as those hotly debated works that are in some Bibles and not others. You will come away with a clearer understanding of the Judeo-Christian religion and the development of the Biblical canon. You'll learn about the origins of the Bible, explore early scriptures, and understand why translations affect the meanings of texts. You'll even learn how the Greek influenced early Biblical writing. Find out how to: Explain what the term "lost books" means Understand the definition of "canon" Take translation differences into consideration Divide early writings into style categories Take another look at scripture with the Dead Sea Scrolls See how the Greeks influenced early scripture Decode apocalyptic visions Complete with a list of ten of the weirdest Jewish lost books, ten of the weirdest Christian lost books, ten sayings of Jesus NOT in the Bible, and ten "lost books that every student of the Bible should read, Lost Books of the Bible For Dummies is your one-stop guide to understanding and reading the Biblical lost books.

Do you have a real relationship with God, or do you just have a religion? Do you know God, or do you just know about God? In *How Big Is Your God?* Paul Coutinho, SJ, challenges us to grow stronger and deeper in our faith and in our relationship with God—a God whose love knows no bounds. To help us on our way, Coutinho introduces us to people in various world religions—from Hindu friends to Buddhist teachers to St. Ignatius of Loyola—who have shaped his spiritual life and made possible his deep, personal relationship with God.

Yoga is not a fad. It has been around in the United States for over a hundred years and has a history of approximately five millennia. It is clearly here to stay. Yoga has brought health and peace of mind to millions of people. It can do the same for you. The benefits of Yoga are many. When adopted as a lifestyle, Yoga extends over the entire day. Find out how this can be done and why Yoga is so often loved by people who are Interested in becoming more fit and flexible Looking for stress relief Seeking to live a more peaceful and joyful life Yoga For Dummies guides you slowly, step by step, into the treasure house of Yoga. And it is a fabulous treasure house! You will find out how to unlock your body's extraordinary potential and enlist your mind to do so, and in the process strengthen your mind as well. This book covers the following topics and more: Five basic approaches to Yoga Selecting a Yoga class Practicing Yoga safely The

mechanics of Yogic breathing Classic foundational postures Exercises to target problem areas Putting together your personal routine Yoga for special situations The focus on this book is on Hatha (pronounced haht-ha) Yoga, which is that branch of Yoga that works primarily with the body through postures, breathing exercises, and other similar techniques. When necessary, the book provides helpful photos or illustrations to help you better understand the exercises or postures. One author (Georg Feuerstein) is internationally recognized as a leading expert on the Yoga tradition and has authored many seminal works on it. The other author (Larry Payne) has a thriving practice as a Yoga teacher in Los Angeles, where he teaches and responds to his clients' specific health challenges. In this book, their combined 55 years of experience have merged to create a reliable and user-friendly introductory book that can also serve you as a beginner's reference work on an ongoing basis.

The chapters of this book are nothing but mirrors for seeing your "self" from different angles. And though the journey we are about to embark on is an inner one, it will draw upon every aspect of your life. The only requirement asked of you is the willingness to honestly look at yourself in the most natural, intuitive manner. Remember, if we are seeking the root of "self," what we are actually seeking is you. As you read through these pages, you will find that you know much more than you thought you did about some very deep subjects. The fact is, you already know how to find yourself; you have just gotten distracted and disoriented. Once refocused, you will realize that you not only have the ability to find yourself, you have the ability to free yourself. Whether you choose to do so or not is entirely up to you. But upon completion of your journey through these chapters, there will be no more confusion, no more lack of empowerment, and no more blaming others. You will know exactly what must be done. And should you choose to devote yourself to the ongoing journey of self-realization, you will develop a tremendous sense of respect for who you really are. It is only then that you will come to appreciate the full depth of meaning in the advice: "This above all: to thine own self be true." ---- Introduction

BASED ON NATURAL laws which govern all of creation, this book shatters the myth that success is the result of hard work, exacting plans, or driving ambition. In *The Seven Spiritual Laws of Success*, Deepak Chopra offers a life-altering perspective on the attainment of success: Once we understand our true nature and learn to live in harmony with natural law, a sense of well-being, good health, fulfilling relationships, energy and enthusiasm for life, and material abundance will spring forth easily and effortlessly. Filled with timeless wisdom and practical steps you can apply right away, this is a book you will want to read and refer to again and again.

An introductory look at the major religions of the world ... for "thinkers" (and "tinkers") A collection of Craig Lock's various articles on religion (and different religions). \*Author's Note: This is a rough draft of the manuscript, but am uploading with Amazon as I write it. Please excuse lay-out in the meanwhile. I hope, I trust, that this material may be interesting and

informative... and perhaps even be enlightening to you. Enjoy.... \* \*CONTENTSCHAPTER1 Sharing Some Information on Some Major Religions of the World2 Sharing Some Information on The Major Religions of the World: The Jews and Judaism3 THE RELIGION OF ISLAM": A Comparison Of Islam And Christianity4 What Are Some Key Similarities Between Christianity And Islam? \*PART TWOFor more articles on religion see [http://www.selfgrowth.com/religion\\_articles.html?page=1](http://www.selfgrowth.com/religion_articles.html?page=1) CHAPTER1 : Sharing Some More Information on Major Religions of the World: Muhammad and Islam (from 'The Story of God')2 Sharing Some Beliefs About Islam (from 'The Everything Koran Book' by Duaa Anwar)3 Sharing Some More Information on Major Religions of the World: Islam - Are the Differences Between Muslim Shiites & Sunnis Major? 4 Islam and Muhammad: Sharing Some Information on 'The Qur'aan' 5 A Book "Review": Building Bridges: Christianity and Islam by Fouad Elias Accad (Paperback) \*PART THREE THOUGHTS ON JESUSCHAPTER1: Basic Principles of Islam: What Do Muslims Believe about Jesus?2 What Did Jesus Really Mean?3 A BOOK "REVIEW" 'WHAT JESUS REALLY MEANT '(Part Two)New light on the 'hard' sayings of Jesus4 THE RELIGION OF ISLAM": A Comparison Of Islam And Christianity \*APPENDIX1 My Greatest Race: "The Race of Life": Sharing a Few Spiritual Thoughts2 AN "INTERVIEW" WITH JESUS ON THE STATE OF THE WORLD TODAY"MY CONVERSATIONS WITH GOD" through Jesus"I press towards the goal for the prize of the upward call of God in Christ Jesus." - Phil 3:14 (New King James version) Together, one mind, one heart, one life at a time, let's plant the seeds, the hope of a better and brighter future.

The easy way to understand atheism and secular philosophy For people seeking a non-religious philosophy of life, as well as believers with atheist friends, Atheism For Dummies offers an intelligent exploration of the historical and moral case for atheism. Often wildly misunderstood, atheism is a secular approach to life based on the understanding that reality is an arrangement of physical matter, with no consideration of unverifiable spiritual forces. Atheism For Dummies offers a brief history of atheist philosophy and its evolution, explores it as a historical and cultural movement, covers important historical writings on the subject, and discusses the nature of ethics and morality in the absence of religion. A simple, yet intelligent exploration of an often misunderstood philosophy Explores the differences between explicit and implicit atheism A comprehensive, readable, and thoroughly unbiased resource As the number of atheists worldwide continues to grow, this book offers a broad understanding of the subject for those exploring atheism as an approach to living.

A Life-Changing Spiritual Adventure Memoir by the author of Spirituality For Dummies and Secrets of Spiritual Happiness. The purpose of this memoir is to awaken readers to new ways of looking at their own lives as they join author Sharon Kumuda Janis on a metaphysical cruise through her interesting and educational life, with stories that reveal the

humor and pathos of a quest for eternal truth in our modern-day world. Sharon's eclectic journey includes taking a three-month course in hypnosis with her psychology teacher parents at age seven, explorations of consciousness while studying neuroscience at the University of Michigan, ten years living a monastic style life in the Siddha Yoga ashram of Baba Muktananda and Gurumayi Chidvilasananda, then a transition from the ashram to Hollywood, where the author jumps into an award-winning television and film career, editing and producing some of the most popular shows of the 1990s, and helping to start or uplift the career of many famous, nonfamous, and infamous people, before retreating to a peaceful life of creative solitude and service, writing books including *Spirituality For Dummies*, and creating the well-stocked Night Lotus website of free multimedia spiritual resources. A beautiful and poignant spiritual odyssey that is equally provocative and touching, informative and enlightening, humorous and heartbreaking. - Joseph Chilton Pearce In a larger sense, this memoir is a dialogue between Indian spirituality and Western psychology. The question that Janis answers is: "Can a westerner come to know Indian spirituality and flourish in its depths, even when it is alien to western ways of knowing?" She answers with a resounding "yes." - Publishers Weekly It's a good story, and for those of us who are interested in what exactly goes on in those ashrams, it's hard to put down... Few writers so far have told the tale of what it is like to live and study, heart and soul, with the likes of Muktananda. - RALPH: Review of the Arts, Literature, Philosophy and the Humanities Inspired by deep guidance and inner listening, this book aims to bring readers to "a sense of wonder and respect for their own journey" and a greater regard for others on their paths. - NAPRA ReVIEW It is a book that is very difficult to put down-the kind that keeps you up at night beyond your bedtime. - 21st Century Books Your plain-English guide to Judaism Whether you're interested in the religion or the spirituality, the culture or the ethnic traditions, *Judaism For Dummies* explores the full spectrum of Judaism, dipping into the mystical, meditative, and spiritual depth of the faith and the practice. In this warm and welcoming book, you'll find coverage of: Orthodox Jews and breakaway denominations; Judaism as a daily practice; the food and fabric of Judaism; Jewish wedding ceremonies; celebrations and holy days; 4,000 years of pain, sadness, triumph, and joy; great Jewish thinkers and historical celebrities; and much more. Updates to the "recent history" section with discussions of what has happened in the first decade of the twenty-first century including: the expansion of orthodox political power in Israel; expansion of interfaith work; unfortunate recent anti-Semitic events; and other news Expanded coverage of Jewish mysticism and meditation, which has become increasingly popular in recent years New coverage on Jewish views of morality, including birth control, homosexuality, and environmental concerns Revised recipes for traditional Jewish cooking, updated key vocabulary, and Yiddish phrases everyone should know Jews have long spread out to the corners of the world, so there are significant Jewish communities on many continents. *Judaism For Dummies* offers a glimpse into the rituals, ideas, and terms that

are woven into the history and everyday lives of Jewish people as near as our own neighborhoods and as far-reaching as across the world. Judaism For Dummies (9781119643074) was previously published as Judaism For Dummies (9781118407516). While this version features a new Dummies cover and design, the content is the same as the prior release and should not be considered a new or updated product.

How to reduce stress, anxiety, high blood pressure, and even chronic pain-by refocusing your mind A cutting-edge meditation therapy that uses self-control techniques, mindfulness has taken off across the globe as a way of overcoming negative thoughts and emotions and achieving a calmer, more focused state of mind. Written by a professional mindfulness trainer, this practical guide covers the key self-control techniques designed to help you achieve a more focused and contented state of mind, while maximizing the health benefits of mindfulness-from reducing stress, anxiety, and high blood pressure to overcoming depression and low self-esteem and battling chronic pain and insomnia. Includes self-control techniques (such as body posture, sitting practice and breathing exercises) and routines Includes an audio CD featuring narrated meditations and exercises Introducing you to a new and powerful form of meditation therapy, Mindfulness For Dummies outlines how to use it in your everyday life to achieve a new level of self-awareness and self-understanding and reap the long-term rewards of better health. Note: CD files are available to download when buying the eBook version

Become a life coach-for yourself and others-with this practical, informative guide If you're interested in doing away with negative beliefs, making a significant change in your life, and, finally, create-and live-the life you want, life coaching is the key. In this practical introduction, you will learn the empowering techniques essential to life coaching-including putting together an action plan, getting your priorities straight, staying focused, defining true success, overcoming common obstacles, and coaching yourself to happiness. With more information than ever before, this new updated edition includes material on emotional intelligence and active listening With insights on what to expect from life coaching and how to develop your own life coaching techniques, the book offers sound advice on what it takes to become a professional life coach. If you simply want to create more balance in your life, become more productive, and enjoy a more fulfilling existence, Life Coaching For Dummies holds the answer.

Millions of people seek ways to relax, promote healing, or connect with their soul. Reiki (pronounced ray-key) is a simple but profound healing system that was originally developed in Japan. Reiki means "spiritual energy" or "universal life-force energy." The Reiki system is universal because it can be used by people of any background or religion. Reiki For Dummies explains how you can harness this energy for yourself. Reiki For Dummies is a plain-English Reiki guidebook. Discover what Reiki is, where it came from, and how to: Find and get the most from a Reiki treatment Use Reiki to boost



your physical and emotional health Locate a Reiki class and become a Reiki practitioner Reiki For Dummies is amply illustrated and full of useful information on: Reiki symbols (plus nontraditional symbols) Reiki hand positions (for giving Reiki to yourself or others) Reiki for pets and animals Reiki for children and adults Reiki and surgery or medicines Reiki at birth or end-of-life Reiki in the house, in the car, or at work When you're ready to go further, Reiki For Dummies covers: Western and Japanese Reiki techniques; crystals, long distance Reiki, and setting up a successful Reiki practice. Reiki For Dummies is for you whether you are just finding out about Reiki or you are a seasoned professional who is looking for a clearly written, up-to-date, inclusive, and comprehensive source of Reiki information. Nina Paul, PhD (New York, NY), is a Reiki Master who uses Reiki to help herself and others. She has a doctorate in immunology and epidemiology and she believes in a holistic approach to health and wellness . Nina is also the author of the compassionate guide: Living with Hepatitis C For Dummies (0-7645-7620-8).

The Bible For Dummies (9781119293507) was previously published as The Bible For Dummies (9780764552960). While this version features a new Dummies cover and design, the content is the same as the prior release and should not be considered a new or updated product. Discover the world's all-time bestseller in an entirely new light Ninety percent of Americans own a copy of the Bible, and while it's the most widely read book, it's also the least understood. Regardless of your religion, understanding the Bible brings much of Western art, literature, and public discourse into greater focus—from Leonardo da Vinci's "Last Supper" painting to the Wachowski brothers' The Matrix movies. People have historically turned to religion to deal with tragedy and change, and with the right insight, the Bible can be an accessible, helpful guide to life's big questions. The Bible For Dummies appeals to people of all faiths, as well as those who don't practice any particular religion, by providing interfaith coverage of the entire Bible and the often fascinating background information that makes the Bible come alive. You'll find answers to such questions as: Where did the Bible come from? Who wrote the Bible? How is the Bible put together? Follow the history of the Bible from its beginning thousands of years ago as tattered scrolls to its status as the bestseller of all time. The Bible For Dummies covers these topics and more: Ten people in the Bible you should know The Hebrew Bible The Apocrypha's hidden treasures What's new about the New Testament Israel's wisdom, literature, and love poetry The Bible's enduring influence The prophets: more than fortunetellers Whether you're interested in broadening your spiritual horizons, uncovering the symbolism of Western culture, or gaining a deeper understanding of the book you grew up reading, The Bible For Dummies has all the information you need to navigate this ancient and fascinating book.

Why are we here? How should we live? What happens after we die? Why does evil exist? Religion For Dummies explains how the world's great religions answer questions that persist through generations. Authors Rabbi Marc Gellman

and Monsignor Thomas Hartman are trusted religious advisors known as the God Squad. With wonderful wit and incredible wisdom, they host a daily talk show which reaches nearly 4 million homes in the New York area, and have appeared on numerous TV and radio shows. This book is not a scholarly theological treatise; it's a lively, practical, hands-on resource that will help you better understand your own religion and others. You'll explore: Religion's role in the family and in the workplace The beliefs and practices of Christianity, Judaism, Islam, and other religions Religion's impact during major passages in life such as birth, death, and marriage How to join a religion and how to pray How religion can help you deal with issues in every day life such as conflict, adversity, marriage, divorce, and more Religious rituals and ethics Religion for Dummies touches on lesser-known religions (such as, Zoroastrianism, Jainism, Sikhism). It explores how people of various faiths pray, celebrate life and death, and view moral issues. The book does not tell you what to believe, but rather encourages you to live as you believe and let your religion infuse every aspect of your life. It doesn't give simple answers to haunting, complex questions; it helps you find your own answers and pursue your own spiritual path!

Many non-Muslims have no idea that Muslims worship the same God as Christians and Jews, and that Islam preaches compassion, charity, humility, and the brotherhood of man. And the similarities don't end there. According to Islamic teaching, Muhammad founded Islam in 610 CE after the angel Gabriel appeared to him at Mecca and told him that God had entered him among the ranks of such great biblical prophets as Abraham, Moses, and Christ. Whether you live or work alongside Muslims and want to relate to them better, or you simply want to gain a better understanding of the world's second largest religion, Islam For Dummies can help you make sense of this religion and its appeal. From the Qur'an to Ramadan, this friendly guide introduces you to the origins, practices and beliefs of Islam, including: Muhammad, the man and the legend The Five Pillars of Wisdom The Five Essentials beliefs of Islam The different branches of Islam and Islamic sects The Qur'an and Islamic law Islam throughout history and its impact around the world Professor Malcolm Clark explores the roots of Islam, how it has developed over the centuries, and it's long and complex relationship with Christianity. He helps puts Islam in perspective as a major cultural and geopolitical force. And he provided helpful insights into, among other things: Muhammad, the Qur'an and the ethical teachings of Islam Muslim worship, customs, and rituals surrounding birth, marriage, and death Shi'ites, Sunnis, Sufis, Druze, and other important Muslim groups Islam in relation to Judaism and Christianity In these troubled times, it is important that we try to understand the belief systems of others, for through understanding comes peace. Islam For Dummies helps you build bridges of understanding between you and your neighbors in the global village. Islam For Dummies (9781119642978) was previously published as Islam For Dummies (9780764555039). While this version features a new Dummies cover

and design, the content is the same as the prior release and should not be considered a new or updated product. If your spiritual practice does not teach you how to respond appropriately to the changing circumstances in your life without compromising your spiritual values or losing your inner peace, what good is it? It is of little or no use. A Course in Miracles (ACIM) should be a practical course that helps you live a happier and self-fulfilled life today. Yet, for most, this remains an unfulfilled promise. Why? Because most people never complete the 365 daily Workbook Lessons associated with the text. The Workbook Lessons are designed to bypass the mind of your ego and open your heart. Yet, most either ignore, struggle or fail to grasp the true meaning of these lessons but you can change that. This book covers the 365 Daily Workbook Lessons. Each lesson is presented in "Dummies" format so that the richness of these lessons will become apparent, understandable and more importantly, practical. "Dummies" format demystifies the original workbook lessons by replacing the pronouns and unclear references with their meanings. This clarifies the purpose or meaning of each lesson. All antecedent references made to ACIM's Workbook Lessons are clearly noted in bold print for easy reference to the original text. Each lesson is then followed by an explanatory note to assist the reader with a deeper understanding of the lesson. The notes are designed to foster discussion and clarity, not to limit ideas and prevent individual interpretation. As such, ACIM Workbook for Dummies can be utilized as either a primary or secondary text for independent or group study. The ACIM for Dummies Series is an excellent reference tool for those who seek a deeper level of understanding of A Course In Miracles' teachings. The ACIM for Dummies series cuts thorough the mystery of the Course's esoteric text and makes Jesus' message alive and accessible to the ordinary reader. The richness and simplicity of ACIM's message of freedom, joy, forgiveness and unconditional love awaits anyone who is willing to see things differently. You can exchange your fear-based thought system for the peace of God. Happiness is only a choice away and you can make that choice today. This is your time to shine. You no longer have any excuse not to complete these lessons and finish the Course. A special thanks to Jon Mundy who provided the forward for this book.

A book that will exhilarate your mind and inflame your soul, Spirituality For Dummies puts you on the path to living a more spiritual life. These pages will enlighten you by simplifying not-so-simple concepts. This guide brings spirituality down to earth for you with explanations of spiritual practices, including meditation, yoga and prayer. This is accompanied by a bonus audio CD which includes over 60 minutes of inspirational music Gospel songs from the Agape international choir Eastern songs and chants performed in their native languages by the author and other singers Christian chanting by the Desert Fathers. It explores spiritual ideas from a variety of religious and philosophical texts in combination with relevant psychological and scientific research. · Spirituality Defined · Uncovering Your Own Spirit · Your Soul's Journey in This World · Spirituality in Your Daily Life · If I'm Already Spiritual, Why Do I Need Practices? · Practices to Energize Your Body · Practices to Empower Your Mind · Practices to Nourish



Your Spirit · Cultivating Spiritual Virtues · As You Sow, So Shall You Reap · From Greed to Divine Abundance · From Worldly Attachments to Spiritual Freedom · From Trials to Transcendence: Growing from Adversity · From Relationships to Divine Love · Let Go and Let God · Be a Co-Creator · Living in a Conscious World · Ten Small Things You Can Do to Uplift Your Life · Spiritual-Sounding Lines and What They May Really Mean · Ten More Commandments · Ten Examples of Seeing Your Life with Spiritual Eyes

The popular guide—over 80,000 copies sold of the first edition—now revised and enhanced with an audio CD of guided meditations. According to Time magazine, over 15 million Americans now practice meditation regularly. It's a great way to reduce stress, increase energy, and enjoy better health. This fun and easy guide has long been a favorite with meditation newcomers. And now it's even better. For this new edition, author Stephan Bodian has added an audio CD with more than 70 minutes of guided meditations that are keyed to topics in the book, from tuning in to one's body, transforming suffering, and replacing negative patterns to grounding oneself, consulting the guru within, and finding a peaceful place. The book also discusses the latest research on the health benefits of meditation, along with new advice on how to get the most out of meditation in today's fast-paced world. Stephan Bodian (Fairfax, CA and Sedona, AZ) is a licensed psychotherapist and the former editor-in-chief of Yoga Journal. He has written for Fitness, Alternative Medicine, Cooking Light, and Tricycle and is the coauthor of Buddhism For Dummies (0-7645-5359-3).

Spirituality For Dummies John Wiley & Sons

Examines Wiccan magic, rituals, traditions, and code of conduct Get the scoop on this ancient spiritual path Wondering what it takes to be a Wiccan? This plain-English guide introduces you to the vibrant world of Wicca and the practices of Witchcraft, describing its ancient origins, dispelling stereotypes, and explaining Wiccan beliefs, ethics, rituals, and holidays. You'll see what it means to live as a contemporary Wiccan -- and how to worship alone or with a group. Discover how to \* Worship alone or join a coven \* Perform charms, blessings, and spells \* Obtain necessary tools and supplies \* Spot spiritual scams and inappropriate behavior \* Explore a spiritual path guided by nature

From the outside, Buddhism seems like a bundle of contradictions wrapped inside a paradox. It is a religion without a god, a belief system without rules, and a faith that encourages its adherents to question everything, including its own teachings. You could spend a lifetime studying Buddhist texts and following its observances and still feel like you've only just barely scratched the surface. Yet, over the past 2500 years, this lovely religion that preaches compassion, generosity, tolerance, selflessness and self-awareness has commanded the fervent devotion of hundreds of millions of people around the world who believe it to be the true path to enlightenment. If you're curious about Buddhism but feel intimidated by all the exotic jargon and strange trappings, this book is for you. Written by two leading American Buddhist teachers and scholars, it offers you a uniquely friendly way to explore the fascinating history of Buddhism and discover: Who Buddha was and his significance in world history and spirituality How the practice of Buddhism can enrich your everyday life How Buddha's teachings combine to create a path to enlightenment Daily

observances and meditation practices How to fulfill your highest potential through Buddhism In plain English, experts Jonathan Landaw and Stephan Bodian define the important terms, explain the key concepts and explore, in-depth a wide range of topics, including: Buddha's life and teachings and the evolution of the major Buddhist traditions How Buddhism works as a religion, philosophy of life and a practical approach to dealing with life's problems, all rolled into one The idea that the mind is the source of all happiness and suffering How the practices of wisdom and compassion can connect you with your inner spiritual resources Meditation and other core Buddhist practices and how they can affect your everyday life How to apply Buddhist teachings at each stage along the spiritual path Whether you're a searcher of truth, a student of religions, or just curious about what's got Richard Gere and all the rest of those celebrity Buddhists so excited, Buddhism For Dummies is your intro to Buddhism basics.

What can the starry skies tell you about yourself and others? More than you might imagine. For over four thousand years, people have watched the skies, correlating the movements of the Sun, the Moon, and the planets with human affairs. Astrology for Dummies shows the reader how to use that accumulated wisdom to identify strengths and weaknesses, discover creative abilities, understand relationships, and make the most of the times in which we live. Using an abundance of real-life examples, author Rae Orion offers an incisive account of each sign and planet, taking the reader far beyond the daily horoscope and illuminating the birth chart in all its individuality and complexity. Astrology for Dummies examines the time-honored ways astrology helps us understand ourselves and others. From how to map and interpret individual horoscopes to building and reading birth charts, Astrology For Dummies provides you with the tools to apply the art of astrology to your everyday life. Explore the long, multi-cultural, occasionally bloody history of astrology Discover useful advice about romance, career, and wellness Find the creative potential to be found in every sign and every birth chart Unravel the mysteries behind Mercury retrograde and other celestial phenomena Delve into the horoscopes of dozens of famous (and infamous) people, both past and present Investigate different ways to align yourself with the cosmos. Astrology hasn't been around for millennia for nothing. It's a practical tool, a symbolic language, a way to expand awareness, a means to increase empathy, and an exploration that touches the soul. Whether you want to learn about yourself, understand others, or glimpse the opportunities and challenges that lie ahead, the answers are here — and in the stars! Take an inward journey for a happier, healthier life Meditation has been used for centuries to reduce stress, increase energy, and enhance overall health and well-being—so it's no wonder more and more people in today's fast-paced and stress-centric world are adopting this age-old practice. If you want to achieve a greater state of calmness, physical relaxation, and psychological balance, Meditation For Dummies is your life raft. Covering the latest research on the health benefits of meditation, this new edition explains in plain English how you can put meditation into practice today and start reaping the benefits of living a more mindful life. Whether you're new to meditation or a seasoned practitioner coming back for a refresher course, this plain-English guide provides a wealth of tips and techniques for sitting (or lying) down with your mind to meditate successfully. From preparing your body for meditation to focusing your awareness and being open to the present moment, it covers everything you need to put distractions to rest and open yourself up to a meditation practice that works for you. Provides the latest research on the causes of happiness and how

meditation can improve your mood Includes a new chapter on the growing trend of meditation in the workplace Explains how meditation and other mindfulness practices have made their way into hospitals, schools, prison, and military groups Illustrates the benefits of taking time to consciously cultivate mindfulness through meditation If you're ready to find some zen and benefit from all meditation has to offer, this friendly guide sets you up for success.

Explores methods of increasing spirituality, including meditation, redirection of negative emotions, and use of workshops and retreats.

Your hands-on guide to this widely practiced and ancient religion Buddhism, one of the world's most widely practiced religions, is a fascinating yet complex eastern religion that is rapidly spreading throughout western civilization. What does it mean to be a Buddhist? What are the fundamental beliefs and history behind this religion? Buddhism For Dummies explores these questions and more in this updated guide to Buddhist culture. You'll gain an understanding of the origins of this ancient practice and how they're currently applied to everyday life. Whether you're a searcher of truth, a student of religions, or just curious about what makes Buddhism such a widely practiced religion, this guide is for you. In plain English, it defines the important terms, explains the key concepts, and explores in-depth a wide range of fascinating topics. New and expanded coverage on all the schools of Buddhism, including Theravada, Tibetan, and Mahayana The continuing relevance of the Dalai Lama Updated coverage on daily observances, celebrations, styles, practices, meditation, and more Continuing the Dummies tradition of making the world's religions engaging and accessible to everyone, Buddhism For Dummies is your essential guide to this fascinating religion. Buddhism For Dummies (9781119643265) was previously published as Buddhism For Dummies (9781118023792). While this version features a new Dummies cover and design, the content is the same as the prior release and should not be considered a new or updated product.

Want to get in touch with your spiritual side? Spirituality For Dummies, 2nd Edition, shows you how to use spiritual principles to understand and improve your life, empower you mind, and nourish your soul. Complete with a CD filled with calming, spiritual music, it is your personal guide to serenity and spiritual healing. Spiritual philosopher Sharon Janis shows you how to discover the deeper calling of your soul, survive and thrive through adversity, and look at the world with optimism. You'll learn how to use meditation, yoga, prayer, and journaling for inward reflection and to spark new vistas as you unfold your own spiritual wisdom and move forward on your spiritual journey in your own individual way. You'll find similarities and differences among a variety basic spiritual concepts from different religious and philosophical traditions, and you'll discover how to: Find your spiritual path Uplift your body, mind, and spirit Fulfill your greatest dreams Spiritualize your relationships Cultivate your spiritual virtues Increase your inner peace and happiness Turn troubles into triumphs Recognize yourself as a co-creator Be a VIP: a very inspired person The companion CD that accompanies this gentle guide brings you more than 60 minutes of inspirational music from around the world. It features the author and other artists performing songs and chants from Christian, Jewish, Buddhist, and Hindu traditions in their native languages. Note: CD-ROM/DVD and other supplementary materials are not included as part of eBook file.

There are more than one billion Catholics in the world, and each one has a similar set of basic beliefs and practices that he or she follows. Some of the teachings of Catholicism are thousands of years old, while others are more recent. So what is the Catholic culture like and what do they believe? Catholicism For Dummies answers these and many other questions. Whether you're a Catholic or not, you may be totally clueless or just unaware of some aspects of Catholic traditions, history, doctrine, worship, devotion, or culture. No sweat. Regardless of

whether you're engaged, married, related to a Catholic, or just curious about what Catholics really do believe, this book is for you. Catholicism For Dummies is not a catechism or religious textbook, but a casual, down-to-earth introduction for non-Catholics and reintroduction for Catholics. It gives commonsense explanations so that the next time you're invited to a Catholic wedding, Baptism, funeral, Confirmation, or First Communion, you won't be totally confused. You'll also discover other important topics that can help you better understand the Catholic culture—from morality and devotions to worship and liturgy. This book will familiarize you with Catholicism by showing you: What it means to be a Catholic: traditions, prayers, beliefs, and holidays Who is who in the Catholic hierarchy How Catholics worship What the Seven Sacraments and Ten Commandments are The book regarded as the holiest to Catholics: The Bible The Church's stand on some sticky issues Catholicism For Dummies presents a rich tapestry and history of the Catholic faith—from devotions to doctrines. This intelligent and faithful look at Catholicism will open your eyes to this religion and answer many of the questions you may have about it.

**NEW YORK TIMES BESTSELLER** • From one of the world's most influential spiritual thinkers, a long-awaited book exploring what it means that Jesus was called "Christ," and how this forgotten truth can restore hope and meaning to our lives. "Anyone who strives to put their faith into action will find encouragement and inspiration in the pages of this book."—Melinda Gates In his decades as a globally recognized teacher, Richard Rohr has helped millions realize what is at stake in matters of faith and spirituality. Yet Rohr has never written on the most perennially talked about topic in Christianity: Jesus. Most know who Jesus was, but who was Christ? Is the word simply Jesus's last name? Too often, Rohr writes, our understandings have been limited by culture, religious debate, and the human tendency to put ourselves at the center. Drawing on scripture, history, and spiritual practice, Rohr articulates a transformative view of Jesus Christ as a portrait of God's constant, unfolding work in the world. "God loves things by becoming them," he writes, and Jesus's life was meant to declare that humanity has never been separate from God—except by its own negative choice. When we recover this fundamental truth, faith becomes less about proving Jesus was God, and more about learning to recognize the Creator's presence all around us, and in everyone we meet. Thought-provoking, practical, and full of deep hope and vision, *The Universal Christ* is a landmark book from one of our most beloved spiritual writers, and an invitation to contemplate how God liberates and loves all that is.

The definitive guide to understanding Taoism—no matter your background or faith Lao Tzu's *Tao Te Ching* is the second most translated book in the world, and the practice of religious Taoism is on the rise in China, where adherents currently number in the hundreds of millions. Yet there remains a remarkable lack of reliable information about Taoism for curious westerners. *Taoism For Dummies* provides comprehensive coverage of Taoism's origins in China's Chou Dynasty, its underlying quietist principles, its emergence as a major religion, various interpretations of its core texts, including both Eastern and Western interpretations, key Taoist concepts, and much more. It also provides a fascinating glimpse of Taoism in contemporary China. The ideal guide for readers interested in this influential religion, as well as those taking an introductory course on Taoism or Chinese Religion A valuable source of insight for those with an interest in modern Chinese culture and beliefs

*Kabbalah For Dummies* presents a balanced perspective of Kabbalah as an "umbrella" for a complex assemblage of mystical Jewish teachings and codification techniques. *Kabbalah For Dummies* also shows how Kabbalah simultaneously presents an approach to the study of text, the performance of ritual and the experience of worship, as well as how the reader can apply its teaching to everyday life. In this entertaining, accessible, and down-to-earth guide, spirituality expert Sharon Janis demystifies the secrets to attaining happiness and harmony. Readers will be spiritually transformed by this complete, practical, and straightforward guide to contentment. Sharon Janis explains

the keys to happiness and offers simple tips to help readers respond positively to life situations. Janis's sound advice makes *Secrets of Spiritual Happiness* a refreshing, realistic tool to achieving joy and fulfillment in everyday life.

Restore balance to your life and live in the moment *Mindfulness* is a proven meditation technique that can help you restore balance in your personal life. Now, the author of *Mindfulness For Dummies* shows you step-by-step how to put the lessons of his book into practice. Inside you'll find a huge number of hands-on exercises and techniques to help you to live in the present, let go of negative, distracting, and judgmental thoughts, and achieve greater happiness and contentment in your life. Mindfulness can be applied to a range of conditions, including depression, anxiety, stress, fatigue, or illness Practicing mindfulness promotes well-being and improves quality of life The audio CD contains guided meditations to enhance the practical guidance within the book *Mindfulness Workbook For Dummies* gives you the tools you need to pay attention to the present without judgment, and build a happier life. CD-ROM/DVD and other supplementary materials are not included as part of the e-book file, but are available for download after purchase.

An easy-to-understand introduction to Judaism's most sacred text The foundation of Hebrew and Jewish religion, thought, law, and society is the Torah—the parchment scroll containing the text of the Five Books of Moses that is located in every synagogue. This accessible guide explains the Torah in clear language, even to those who were not raised in the Jewish religious tradition. Christians who want to know more about the Jewish roots of Christianity need to understand the Torah, as do followers of Islamic tradition and those interested in the roots of Abrahamic faiths. *The Torah For Dummies* explains the history of the Torah, its structure and major principles, and how the Torah affects the daily lives of people who follow the Jewish way of life.

With the current turmoil in the Middle East, there is a growing interest about Islam—the world's second largest religion and one of the fastest growing—and its holy book, the Koran (or Qur'an). Now, with this easy-to-follow, plain-English guide, you can explore the history, structure, and basic tenets of Islam's sacred scripture. *The Koran For Dummies* is for non-Muslims interested in the Koran as well as Muslims looking to deepen their understanding. Islamic scholar Sohaib Sultan provides a clear road map, revealing: The meaning of Koran and its basic message The Koran's place in history and in Islamic spiritual life Explanations of its language, structure, and narrative style How to live by the Koran's teachings The Koran's role in key global issues, such as Jihad vs. terrorism Different interpretations of the Koran No other book provides such a straightforward look at what the Koran says, how it says it, and how believers live according to its guidance. From how the Koran was received by Mohammed and how it was compiled to how it's interpreted by Islam's two main branches, you'll see how to put the Islamic faith in perspective. Plus, you'll discover: What the Koran really says about women and civil law How Islam relates to Judaism and Christianity The Koran's view of God, prophets, mankind, and the self How its teachings are lived and recited every day by devout Muslims Common misconceptions of the Koran How to raise a family the Koranic way Complete with lists of important passages, Koranic terminology, famous quotes, and further reading resources, *The Koran For Dummies* makes it easy and enjoyable for you to grasp the teachings and significance of Islam's holy book.

Are you baffled by the Book of Revelation? Understand the purpose, key themes, and symbolism of the most fascinating book in the Bible with *The Book of Revelation For Dummies*, an easy-to-understand guide that will help you grasp the enduring messages of Revelation and apply them to your life. You will understand what Revelation says about the past, present, and future, and how it relates to the rest of the Bible. You will learn how this mysterious book of the Bible fits into a historical context. You'll discover all kinds of interesting facts about the apostle John and learn about the details of his world. You will be able to choose a perspective for interpreting this book of the Bible and



decipher the many haunting symbols. There is no need to read this reference guide from cover to cover; simply browse the table of contents or flip through the pages to find the answers and assistance that you need. Discover how to: Interpret the prophecy of the Revelation Place it in historical context Understand how it relates to other books in the Bible Unravel the details of the apostle John's life and world Choose a perspective for understanding See the grander scheme of things Complete with lists of the ten most commonly asked questions about end times and the ten rules of thumb for interpreting scripture, The Book of Revelation For Dummies will help you understand and decode one of the most perplexing books in the Bible!

Your hands-on guide to one of the world's major religions The dominant religion of India, "Hinduism" refers to a widevariety of religious traditions and philosophies that have developed over thousands of years. Today, the United States is home to approximately one million Hindus. If you've heard of this ancient religion and are looking for a reference that explains the intricacies of the customs, practices, and teachings of this ancient spiritual system, Hinduism For Dummies is for you! Provides a thorough introduction to this earliest and popular world belief system Information on the rites, rituals, deities, and teachings associated with the practice of Hinduism Explores the history and teachings of the Vedas, Brahmins, and Upanishads Offers insight into the modern daily practice of Hinduism around the world Continuing the Dummies tradition of making the world's religions engaging and accessible to everyone, Hinduism For Dummies is your hands-on, friendly guide to this fascinating religion.

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