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Through the Eyes of Soulcollage Reflections on Life Via the Soulcollage Lens *CreateSpace* **Everyday life is filled with opportunities to learn, grow, and flourish, yet it's easy to miss these chances if you don't recognize their value. As you read the eighty-seven essays in this insightful collection written by Anne Marie Bennett, one of Seena Frost's chosen SoulCollage(r) Trainers, you will begin to see yourself and the world around you with fresh eyes. Illustrating the intuitive art process of SoulCollage(r), in which creating your own deck of collaged cards helps you gain access to deep personal wisdom, Bennett's essays cover life lessons, community, animal guides, spirituality, and the wide variety of ways to use SoulCollage(r) cards. Each essay is followed by an invitation to the reader, including prompts for journaling as well as suggestions for SoulCollage(r) card making and further reading. Kylea Taylor, president of SoulCollage(r) Inc., remarks, "This is a wonderful book! It is a really important contribution to our SoulCollage(r) literature." From learning to let go to connecting with your chakras, the lens of SoulCollage(r) helps you see your journey forward as something to be embraced rather than feared, and Bennett's interactive essays shine a gentle light on the path before you. Awakening the Creative Spirit Bringing the Arts to Spiritual Direction** *Church Publishing, Inc.* **Designed to help spiritual directors and others use expressive arts in the context of spiritual direction. SoulCollage An Intuitive Collage Process for Individuals and Groups** *Hanford Mead Pub* **The 'SoulCollage' book gives you everything you need to contact your intuition and create an incredible deck of cards - one that has deep personal meaning and which will help with life's**

questions. Inside this book are many beautiful examples of cards made by regular people, not professional artists. Following the simple 'SoulCollage' directions, your hands move fragments of cut-out magazine pictures around, fitting them together in a surprising new way and gluing them down on a card. Cards containing the images you select - or the images that select you - come straight through your Soul, bypassing the mind. 'SoulCollage' is great for use in art therapy as well. This book explains - The easy steps for making and consulting the cards; How to work with the language of symbols, dreams, and archetypes; How to set the mood so that even shy people can say what the card is telling them; Ways to encourage inner wisdom to bubble up and answer your deepest questions. **Magical Inner Journeys 44 Guided Imagery Scripts for Self-Discovery** *KaleidoSoul Media* Anne Marie weaves a gentle wondrous journey in these scripts. I love her imagery, and what a powerful set up for SoulCollage®. I will use these again and again! — Jennifer Loudon, Author, JenniferLoudon.com

Wonderfully imaginative! Anne Marie's Magical Inner Journeys invite deep experiences and unearth truly magical wisdom. — Jill Badonsky, author Step inside any one of these guided imagery scripts, and you will find yourself transported, through your imagination, to inner landscapes that have long been waiting your exploration. Use these with your own inner work, or share with any group you lead that is open to spiritual and personal growth. Guided imagery is a powerful tool for self-growth, activating our imagination and intuition to allow us to see ourselves in new ways, and to mine our inner worlds for treasure. Included are many resources and suggestions for personal use, suggestions for Facilitator use, as well as tips for how to guide a Magical Inner Journey effectively-before, during, and after the reading of the guided imagery script. Guided imagery topics include: Inner Voices, Archetypes, Spirituality, Animal Companions, Inner Treasures, Be Here Now, and more. **THERAPISTS CREATING A CULTURAL TAPESTRY Using the Creative Therapies Across Cultures** *Charles C Thomas Publisher* This exciting text is a comprehensive work that examines the use of art, play, music, dance/movement, and drama in different cultures and with diverse client populations. The editors' primary purpose is to explore how the creative therapies can be implemented in diverse cultures and in different countries. Renowned, well-credentialed, and professional creative arts therapists in the areas of art, play, music, dance/movement, and drama helped write this collection. Examples include the use of art in working with refugee children in Australia and with Chinese-American children; shared experiences in using dance and movement with Arabic women in Jerusalem, indigenous Inner Mongolia, and with survivors of torture. Other chapters offer stories of using drama in the Netherlands, music and other creative arts in China, play therapy in Appalachia and with different races. Additionally, there are chapters on working with children with learning disabilities as well as the use of creative arts in supervision. Some of the chapters are beautifully complimented with photographs of client works of art or play. The text

provides a rich tapestry on how the creative therapies can be used across cultures for issues such as depression and trauma to name a few. Of special interest are the chapters on supervision. Not only a tool for creative art therapists, this informative book will be of special interest to educators, students, therapists, as well as people working in other parts of the world or with culturally diverse clients. *Compassion Thoughts on Cultivating a Good Heart Upper Room* To be vulnerable and open, to embrace the fear and woundedness in ourselves and others is the way of compassion. Writers as varied as Dietrich Bonhoeffer, Wendy Wright, Robert Corin Morris and Mary Rose O'Reily urge readers to appreciate the gift that compassion offers. In this volume readers will find ten different paths to enhancing their capacity to care. *SoulCollage Evolving An Intuitive Collage Process for Self-Discovery and Community Hanford Mead Pub* SoulCollage® is an accessible collage process with practical applications. It's easy to learn and inexpensive. Best of all, it inspires individual creativity and encourages good communication in families and groups. Founder Seena B. Frost's first book ignited a worldwide interest in SoulCollage®, which invites anyone to be creative and undertake an adventure of self discovery. All you need is a good pair of scissors, pre-cut mat board cards, images you can find anywhere, and glue! After you have made some cards, you can consult them, ask important life questions and let your cards speak your own intuitive wisdom back to you. Seena's new book replaces her first book, SoulCollage®, which was a finalist for the Nautilus 2002 Book Awards for titles that contribute significantly to conscious living and positive social change. SoulCollage® has evolved into an international community of Facilitators and SoulCollagers enjoying and sharing this simple, yet profound process. *SoulCollage® Evolving* gives the basic instructions for how to make and do readings with SoulCollage® cards, and describes how individuals and groups are using this process with different age groups and in many socioeconomic, cultural, and religious contexts to discover their wisdom and change their world. *The Flowing Grace of Now Encountering Wisdom Through the Weeks of the Year Sorin Books* For more than twenty-five years, Sr. Macrina Wiederkehr has authored such bestselling books on Catholic spirituality as *Seven Sacred Pauses* and *A Tree Full of Angels*. In *The Flowing Grace of Now*--her first book in almost a decade--Wiederkehr offers weekly reflections that reveal the spiritual teachers at work in your life, inviting you to listen to these teachers and learn from their wisdom. "There is an old proverb that says, 'When the student is ready the teacher will arrive.' I think I have been ready for a long time, yet perhaps I have spent too much time looking for the perfect teacher rather than seeing the teachers that arrive in unexpected ways." With these words, retreat guide and author Sr. Macrina Wiederkehr begins *The Flowing Grace of Now*, a year-long companion that ushers you into the presence of teachers already at work in your life--teachers intent on helping you deepen your faith. These teachers are not necessarily saints, writers, or theologians, but rather ordinary people,

events, and experiences whose presence already permeates your life. These include: biblical characters, day and night, silence, the virtues, and joy in another person's good fortune. These, *Wiederkehr* suggests, are the kind of teachers who are the result of the flow of grace in your life. She encourages you to become aware of how they are at work in you and what you might learn from them. Each reflection begins with a scripture text leading you into the spirit of the week. A brief meditation on this scripture serves as a catalyst for the Word to take root in your heart and a closing prayer sums up the week. A teacher is suggested for you. The final quotation from a spiritual writer contains the spirit of your teacher and can assist you in embracing the wisdom of that teacher. Using this book as a year-long weekly guide can be an enriching opportunity to deepen and transform your faith life. **Come As You Are Finding Peace in a Church Youth Group** *Godspell Production* *Independently Published* **Fifteen-year-old Casey Donovan wants nothing more than to live wildly. In her town of Woodfield, Connecticut, she is more than content to toe the line of danger while trying to put away memories of a painful past. But then she and her boyfriend are arrested for drug possession. To have the charges dropped, and keep peace as her mother goes through a bitter divorce, Casey reluctantly joins her local church's Youth Group. She expects a boring summer as she helps with the church's summer theatre production of the musical Godspell. Though she longs to return to her old life, Casey soon finds herself bonding with the other teens in the group who have their own struggles. Slowly, this once lonely teen realizes that she is not alone in the challenges she has been afraid to face. As opening night of the musical nears, Casey will soon have to confront her own faith and connection to God. Contains a set of intriguing discussion questions which can be used in a church youth group setting, or for the individual reader who feels led to write about their response to the story. This relevant, adventurous young adult Christian novel explores faith, community, and family relationships within the context of a church youth group's theatre production of the musical Godspell. From rehearsals to building sets to creating costumes, Casey's journey inspires us to take a look at our own lives as we strive towards determining which friendships are most important and which can be safely turned away from. Part of Casey's journey involves letting go of two people who have harmed her in the past, even though at first she doesn't want to admit that they hurt her. Watching Casey grow in faith and become stronger and more confident as the novel progresses is a testament to the author's own experiences with growing up, letting go, and finding strength and faith in community. Christians of all ages will savor this young adult novel and cheer Casey on from beginning to end. You'll be inspired to seek out places where you are invited to show up exactly as you are, and where you are accepted for being exactly who you are.** **Pamela's Patterns** *Createspace Independent Publishing Platform* **Forty-four patterns with an infinite variety of interpretation. Pamela's commercial dolls including Hot Flash (two versions), Wild Woman and Button Face; Transformative Dolls,**

including Dammit Doll, Message Woman, and Double Doll; New Patterns, just for fun. Apply your own creative fabric and color selections, body part adjustments, and embellishments. Hours of play with fabric and form, beginner to advanced. Many color photos. Sewing Machine Helpful. Soul Coaching 28 Days to Discover Your Authentic Self *Hay House, Inc* If you could really hear a message from your soul, what would it be telling you? Soul Coaching is a four-week program dedicated to an in-depth clearing and cleansing of the different aspects of your life: mental, emotional, physical, and spiritual. If not now, when? By following the practical, carefully crafted steps presented here, you'll find that you're able to uncover your authentic self. This book is for you if you want to know: • who you are • why you're here • what your mission is This book is also for you if you are ready to start: • putting your needs before everyone else's • living life at a peaceful, moderate pace • loving yourself By utilizing the energy of the elements of nature: Air, Water, Fire, and Earth, this program allows you to clear away old blockages so that you can truly begin to hear the secret messages of your soul. *Stella Maris Speaks Dolphin Wisdom for a New World (black & white)* After swimming with wild dolphins, Adena Tryon began receiving messages from angelic dolphin beings called Stella Maris (Starlights of the Sea). This book shares their light messages, dolphin wisdom, the medicine of the divine feminine, and healing blessings for humanity. Stella Maris first speaks as a collective. They explain the concept of Starseeds and speak of the Stella Maris High Council, which also includes Mother Mary, Quan Yin, and Queen A'Mara. Then, individual Stella Maris members share light messages, healing activations, and scrolls of affirmations. The book concludes with a Beauty Way invitation. Visionary art from Florencia Burton synchronizes with the words of Stella Maris, creating a truly transformative experience. *Journal of a Steadfast Fence Hanford Mead Pub* This poetry/photo book is written by Seena Frost, 77, about spirituality and aging. Seena Frost, the founder of a world-wide, rapidly growing, intuitive collage movement called SoulCollage, took a morning walk beside a century-old redwood fence every morning for almost 20 years. She began to feel a relationship with different parts of the fence and started naming them and talking with them and then journaling about this when she got home. The poetry speaks in turn with the voices of many parts of this fence about the experience of aging. Each poem is illustrated with the author's photo of that part of the fence which is speaking. *Magical Inner Journeys 44 Guided Imagery Scripts to Inspire Self-Discovery with SoulCollage(r) Createspace Independent Publishing Platform* Anne Marie weaves a gentle wondrous journey in these scripts. I love her imagery, and what a powerful set up for SoulCollage(R). I will use these again and again! - Jennifer Loudon, Author, JenniferLouden.com Wonderfully imaginative! Anne Marie's Magical Inner Journeys invite deep experiences and unearth truly magical wisdom. - Jill Badonsky, author Step inside any one of these guided imagery scripts, and you will find yourself transported, through your imagination, to inner landscapes that have long been waiting your

exploration. Use these on your own, or share with any group you lead that is open to spiritual and personal growth. Included are many resources and suggestions for personal use, suggestions for Facilitator use, as well as tips for how to guide a Magical Inner Journey effectively- before, during, and after the reading of the script. These Magical Inner Journeys were designed with SoulCollagers in mind, however they can be adapted and used in many different settings and for a wide variety of purposes. Topics include: Inner Voices, Archetypes, Spirituality, Animal Companions, Inner Treasures, Be Here Now, and more. **Boundless Compassion Creating a Way of Life** *Ave Maria Press* "Living compassionately is rarely convenient and often downright challenging," writes Joyce Rupp, bestselling and award-winning author and retreat leader. The definitive Christian guide to compassion, **Boundless Compassion** is the culmination of Rupp's research and work as codirector of the Servite Center of Compassionate Presence. Through this six-week personal transformation process for developing and deepening compassion, Rupp nudges, encourages, and inspires you to grow in the kind of love that motivated Jesus' life and mission for his disciples. With master teacher Joyce Rupp, you will learn to develop compassion as never before. You will discover compassion from science, medicine, theology, spirituality, sociology, and psychology. You will be encouraged to explore personal and professional expressions of compassion, and to re-energize your ability to offer loving kindness to those around you. Rupp has felt the call to walk with others in their suffering since she was a young member of the Servants of Mary, whose charism is compassion. She eventually cofounded the Boundless Compassion program with Sr. Margaret Stratman, O.S.M. Based on the format and theme of Rupp's bestselling books like **Open the Door** and her popular workshops conducted by the Center of Compassionate Presence, **Boundless Compassion** has the power to transform your life, giving you wisdom, confidence, understanding, and inspiration to be a more caring presence. It will help you build on relational skills, learn self-care, gain wisdom for incorporating loss and suffering into your active life, and find ways to show compassion at work. By the book's end, you will feel prepared to live with a renewed commitment to a compassionate presence for yourself and those who are in the midst of pain, struggle, and transition. **The Ethics of Caring Honoring the Web of Life in Our Professional Healing Relationships** *Hanford Mead Pub* "If you want to learn about or sort out the confusing ethical issues that arise when clients are working in profound states of consciousness, this book provides unique help to volunteer and professional caregivers (therapists, bodyworkers, hospice volunteers, ministers, etc.) Many books have been written on ethics, but this is one of the few that addresses the ethical challenges inherent in doing spiritual or transpersonal healing work or work that involves profound experiences. Thousands of copies of this book have been sold to schools and practitioners. As a textbook or personal resource, **The Ethics of Caring** clarifies the counter-transference and transference issues

in seven life areas including love, truth, insight, and oneness as well as the more well-known areas of ethical issues: money, sex, and power."--Pub. website. *As I Lay Pondering* daily invitations to live a transformed life *BQB Publishing* Psychotherapist, healer, and artist of being alive, Kayce Stevens Hughlett, offers readers the personal gift of transformation in this devotional daybook. Like Mark Neop's classic "Book of Awakening," Hughlett invites individuals to enliven their lives day-by-day through 365 practical reflections and prayers of inspiration, purpose, freedom, and joy. Infused with teachings from historical and current wisdom figures like Carl Jung, Martha Beck, Buddha, Jesus, Lao Tzu, Thomas Merton, Sue Monk Kidd, Anne Lamott, and others, "As I Lay Pondering" feels like sitting down for conversation with a close friend. Filled with soul, it will meet you where you are whether looking for a recharge or grasping for a lifeline. It is a book you can turn to anytime and read cover to cover, randomly, or one entry at a time. Filled with inspiration, short stories, and simple activities to deepen the pathway to presence, this book is the ideal companion for any personal journey. *The Friendship of Women A Spiritual Tradition* With rare skill, Sr. Joan explores the sacred dimension of friendship through the lens of faith, tradition, Scripture, and the often-overlooked experience of women. Interwoven with the stunning icons of Benedictine oblate Marcie Bircher, she recovers and reclaims the witness and wisdom of such women as Lydia, Prisca, Phoebe, Martha, Veronica, Elizabeth, Anne, Mary Magdalene, and those gathered at the foot of Christ. *Discernment Matters Listening with the Ear of the Heart* *Liturgical Press* After fifty years of monastic life, prayer, and spiritual direction, Meg Funk knows what it means to listen with the ear of one's heart to the Holy Spirit. In *Discernment Matters*, she shares what she has learned. This book is a resource for those who want to learn and practice discernment as taught by the early monastic tradition. It includes an accessible summary of teachings about discernment from monastic traditions of late antiquity, consideration of important tools for making decisions today, and practical examples from the lives of St. Benedict and St. Patrick, as well as from the experience of monastics today. With this fifth volume of the *Matters Series*, Funk completes one of the most comprehensive presentations of the spiritual life available today, demonstrating why this inner work is both necessary and such a joy. Mary Margaret Funk is a Benedictine nun of Our Lady of Grace Monastery, Beech Grove, Indiana. From 1994 through 2004, she served as executive director of Monastic Interreligious Dialogue, which fosters dialogue among monastics of the world's religions. In addition to the volumes of the *Matters Series*, she is the author of *Islam Is...: An Experience of Dialogue and Devotion* and *Into the Depths: A Journey of Loss and Vocation*. *Made For Goodness* And why this makes all the difference *Random House* In *Made for Goodness*, Archbishop Desmond Tutu explains that, though we sometimes act out of depravity and despair, we do know in our heart of hearts that we are not as we were meant to be, and were created to be so much more. The truth of human goodness can

get hidden under the fear that we cannot live up to its demands, or it can get buried under faults or failures, or it can just get forgotten. In this thoughtful and important book, the Archbishop (with his daughter, Mpho Tutu) shows how we can find our way back to goodness by changing our attitudes, by practising forgiveness, and by prayer. Then we will begin to see the goodness and beauty of others... If our view changes, this in turn alters the way we act. And how we act towards each other affects not only ourselves but everything in our world - for the better. **I'm Fine Just the Way I Am Healing Emotional Pain Through the Wisdom of Animals and Oracles** **I'm Fine Just the Way I Am** takes you on a deep, intimate and powerful journey as Barbara Techel explores a painful, recurring vision that plagued her for over two decades. Using a myriad of metaphysical tools she eventually sees the turmoil in her life as both a gift and a path she had to walk to accept herself as worthy just as she is. **Prayers of Boundless Compassion** *Ave Maria Press* **Compassion** was the center of Jesus' ministry and his mission for his disciples—and for us. Bestselling and award-winning author and retreat leader Joyce Rupp gives you the words to develop compassion in yourself as never before and to reenergize your ability to offer loving kindness to those around you. Compassion can change a heart, change a life, change a world. But we have to learn how to be compassionate and Joyce Rupp—codirector of the Servite Center of Compassionate Presence—can guide us. Forty original prayers, blessings, and meditations by Rupp will help us practice themes of compassion: as a way of life, welcoming ourselves, the river of suffering, from hostility to hospitality, a thousand unbreakable links, and compassionate presence. To be used alone or as a helpful companion to Rupp's **Boundless Compassion** book and program, this collection of prayers will inspire anyone to change the world. **The Photomontages of Hannah Höch** Here, in the first comprehensive survey of her work by an American museum, authors Peter Boswell, Maria Makela, and Carolyn Lanchner survey the full scope of Hoch's half-century of experimentation in photomontage - from her politically charged early works and intimate psychological portraits of the Weimar era to her later forays into surrealism and abstraction. **Benedictus A Book Of Blessings** *Random House* 'We have fallen out of belonging. Consequently, when we stand before crucial thresholds in our lives, we have no rituals to protect, encourage and guide us as we cross over into the unknown. For such crossings, we need to find new words. What is nearest to the heart is often farthest from the word. This book is an attempt to reach into that tenuous territory of change that we must cross...' In sharing words of profound grace and wisdom, master storyteller John O'Donohue's **Benedictus** offers blessings to shelter us as we confront the many challenges we face on our journey through life. Living in an anxious world - a world so often dominated by unwelcome change, unhappiness and even despair - many readers will find comfort in John O'Donohue's illuminating introductions, covering areas such as **Beginnings, Desires, States of the Heart, Callings and Beyond Endings**, and the

blessings themselves provide an inspiring and reassuring new vision of possibility. It is also a vision of hope and belonging for this sometimes troubled world. **Transformative Language Arts in Action** *Rowman & Littlefield* Transformative Language Arts, an emerging field and profession, calls on us to use writing, storytelling, theater, music, expressive and other arts for social change, personal growth, and culture shift. In this landmark anthology, Transformative Language Artists share their stories, scholarship and practices for a more just and peaceful world, from a Hmong storyteller and spoken word artist weaving traditions with contemporary immigrant challenges in Philadelphia, to a playwright raising awareness of AIDS/HIV prevention. Read the stories, consider the questions raised, and find inspiration and tools in using words as a vehicle for transformation through essays on the challenge of dominant stories, public housing women writing for their lives, histories and communities at the margins, singing as political action, the convergence of theology and poetics, women's self-leadership, embodied writing, and healing the self, others, and nature through TLA. The anthology also includes "snapshots," short features on transformative language artists who make their livings and lives working with people of all ages and backgrounds to speak their truths, and change their communities. **The Artist's Rule Nurturing Your Creative Soul with Monastic Wisdom** *Ave Maria Press* 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. **Journey Girl Steps in Secrets and Sanctuary** *Balboa Press* Journey Girl is a story about motherhood and a memoir about secrets--more specifically, it is about breaking them. First-time author Hajec unfolds her journey of becoming a courageous family secret breaker and defeats her fears that she will pay a price to do so. Her quest is to disintegrate the generational silences that surround the death of her

mother shortly after her own birth and explore the mysterious childhood memories that still linger as she reaches adulthood. As the author unwinds a tightly-held but harmful family silence, she also introduces to the reader simple, ordinary, and helpful types of silences they can use in their everyday life to bring them peace and balance, not harm and mystery. These are the Islands of Silence that begin each chapter before continuing her own story.

The Eyes of the Heart Photography as a Christian Contemplative Practice *Ave Maria Press* In this first book to explore photography as a spiritual practice from a Christian perspective, Christine Valters Paintner builds on the process of contemplative creativity she introduced online at Abbey of the Arts and in her book *The Artist's Rule*. She considers how a camera can help readers open "the eyes of the heart." More than a book on photographic technique, *Eyes of the Heart* is about cultivating photography as a spiritual practice. Adapting the monastic practice of *lectio divina* (sacred reading) into a form of *visio divina* (sacred seeing), spiritual director and Benedictine oblate Christine Valters Paintner invites readers to a new way of viewing the world--through the lens of a camera. Paintner guides readers through six themes connecting the medium of photography with the Christian spiritual life. Each theme provides a photographic journey in which the reader does not simply take images, but receives images and learns to see with "the eyes of the heart" (Eph 1:18). Photos by the author are included.

Art Journal Healing Trauma A Pioneering Program for Restoring the Wisdom of Your Body *Sounds True* Researchers have shown that survivors of accidents, disaster, and childhood trauma often endure lifelong symptoms ranging from anxiety and depression to unexplained physical pain, fatigue, illness, and harmful "acting out" behaviors. Today, professionals and clients in both the bodywork and the psychotherapeutic fields nationwide are turning to Peter A. Levine's breakthrough Somatic Experiencing® methods to actively overcome these challenges. In *Healing Trauma*, Dr. Levine gives you the personal how-to guide for using the theory he first introduced in his highly acclaimed work *Waking the Tiger*. Join him to discover: how to develop body awareness to "renegotiate" and heal traumas by "revisiting" them rather than reliving them; emergency "first-aid" measures for times of distress; and nature's lessons for uncovering the physiological roots of your emotions. "Trauma is a fact of life," teaches Peter Levine, "but it doesn't have to be a life sentence." Now, with one fully integrated self-healing tool, he shares his essential methods to address unexplained symptoms of trauma at their source—the body—to return us to the natural state in which we are meant to live in.

Contents Introduction: A Tiger Shows the Way Chapter One: What is Trauma? Chapter Two: The Causes and Symptoms of Trauma Chapter Three: How Trauma Affects the Body Chapter Four: Twelve-Phase Healing Trauma Program: A Guide to the Audio Exercises Chapter Five: Sexual Trauma: Healing the Sacred Wound Chapter Six: Spirituality and Trauma: Pathway to Awakening Helpful Tips and Techniques for Preventing Trauma Additional Resources

About the Author About Sounds True Excerpt Trauma is the most avoided, ignored, denied, misunderstood, and untreated cause of human suffering. When I use the word trauma, I am talking here about the often debilitating symptoms that many people suffer from in the aftermath of perceived life-threatening or overwhelming experiences. Recently, trauma has been used as a buzzword to replace everyday stress, as in, "I had a traumatic day at work." However, this use is completely misleading. While it is true that all traumatic events are stressful, all stressful events are not traumatic.

Unique to Each Individual When it comes to trauma, no two people are exactly alike. What proves harmful over the long term to one person may be exhilarating to another. There are many factors involved in the wide range of response to threat. These responses depend upon genetic make-up, an individual's history of trauma, even his or her family dynamics. It is vital that we appreciate these differences. Simply knowing that certain kinds of early childhood experiences can severely diminish our ability to cope and be present in the world may elicit compassion and support rather than harsh judgment, both for ourselves and for others. Perhaps the most important thing I have learned about trauma is that people, especially children, can be overwhelmed by what we usually think of as common everyday events. Until recently, our understanding of trauma was limited to "shell-shocked" soldiers who have been devastated by war, victims of severe abuse or violence, and those who have suffered catastrophic accidents and injuries. This narrow view could not be further from the truth. The fact is that, over time, a series of seemingly minor mishaps can have a damaging effect on a person. Trauma does not have to stem from a major catastrophe. Some common triggering events include:

- Automobile accidents (even fender benders)
- Routine invasive medical procedures
- Loss of loved ones
- Natural disasters, such as earthquakes and hurricanes

Even falling off a bicycle can be overwhelming to a child under certain circumstances. We will discuss those circumstances later. For now, I will simply say that almost all of us have experienced some form of trauma, either directly or indirectly. Walking Home A Pilgrimage from Humbled to Healed *Hay House, Inc* Life was falling apart. Within the space of three years, Sonia Choquette had suffered the unexpected death of two close family members, seen her marriage implode, and been let down by trusted colleagues. And sympathy was not forthcoming. "You're a world-renowned spiritual teacher and intuitive guide," people jeered. "How could you not have seen this coming?" Having intuitive abilities didn't make her superhuman, however. Nor did it exempt her from being wounded or suffering the pain of loss and the consequences of our all-too-human traits such as anger, resentment, and pride—traits that can lead even the best of us to stray from our spiritual path. In order to regain her spiritual footing, Sonia turned to the age-old practice of pilgrimage and set out to walk the legendary Camino de Santiago, an 820-kilometer trek over the Pyrenees and across northern Spain. Day after day she pushed through hunger, exhaustion, and pain to reach her destination. Eventually, mortification of

the flesh gave way to spiritual renewal, and she rediscovered the gifts of humility and forgiveness that she needed to repair her world. In this riveting book, Sonia shares the intimate details of her grueling experience, as well as the unexpected moments of grace, humor, beauty, and companionship that supported her through her darkest hours. While her journey is unique, the lessons she learned—about honoring your relationships with others as well as with your own higher self, and forgiving all else—are universal. **Walking the Path of SoulCollage 87 Essays Embracing the Wisdom of the SoulCollage Journey Craft Your Wholeness How to Make & Use Intentional Soulcollage Cards for Healing & Living** *Hanford Mead Publishers* **Art Is a Way of Knowing A Guide to Self-Knowledge and Spiritual Fulfillment through Creativity** *Shambhala Publications* An expert in art therapy offers this “wonderful” guide “for anyone, artistic or not, who is interested in using art to know more about himself or herself” (Library Journal) Making art—giving form to the images that arise in our mind's eye, our dreams, and our everyday lives—is a form of spiritual practice through which knowledge of ourselves can ripen into wisdom. This book offers encouragement for everyone to explore art-making in this spirit of self-discovery—plus practical instructions on material, methods, and activities, such as ways to: • Discover a personal myth or story • Recognize patterns and themes in one's life • Identify and release painful memories • Combine journaling and image making • Practice the ancient skill of active imagination • Connect with others through sharing one's art works Interwoven with this guidance is the intimate story of the author's own journey as a student, art therapist, teacher, wife, mother, and artist—and, most of all, as a woman who discovered a profound and healing connection with her soul through making art. **Always We Begin Again The Benedictine Way of Living, 15th Anniversary Edition, Revised** *Church Publishing, Inc.* Enhanced by meditations and prayers, offers a contemporary interpretation of "The Rule of St. Benedict," written by St. Benedict in sixth century Italy. **Put Your Spirit to Work Making a Living Being Yourself** *Wheatmark, Inc.* **Put Your Spirit to Work: Making a Living Being Yourself** will help you gain clarity about the kind of work you want to do. By undertaking this journey, you'll develop the confidence and enthusiasm you need to take practical steps toward significant life changes. The information, resources, and tools in this book will help you successfully navigate your career-and-life-work journey in the new world of work. As a result of completing this process you'll be able to: Understand who you are and what you want in your life work Navigate an ever-changing job market with confidence Move steadily toward a career goal or passion Create a career path that enables you to sustain a balanced lifestyle If you're looking for meaningful work, this book is for you. Start now, and make a living being yourself. **Doorways and Openings A Collection of Photographic Images to Cut Out and Use in Personal Art** *Creative Pilgrimage Press* This is a great resource for workshop facilitators and collage artists who are looking for images. The doorway images come from all over the world, mostly India,

Italy and Mexico. These photographs can be cut out and used in art journals, collage art, or even as writing prompts. Doorways are symbolic images which open up our imagination. The images are printed on both sides of the page, and most of the doors are double-sided, so when you cut the doors open, the back of the door aligns with the front of the door. You have permission to create your own art with these images and share them online.

Using Art Media in Psychotherapy Bringing the Power of Creativity to Practice *Routledge* Using Art Media in Psychotherapy makes a thoughtful and contextual argument for using graphic art materials in psychotherapy, providing historical context for art materials and their uses and incorporating them with contemporary practices and theories. Written with an analytic focus, many of the psychological references nod to Jung and post-Jungian thought with keen attention to image and to symbolic function. This book jettisons the idea of reductionist, cookbook approaches and instead provides an integrated and contextual understanding of the origins of each art form as well as an insightful use for each in its application in mental health healing practices. Using Art Media in Psychotherapy gives clinicians and students alike the tools they need to offer psychologically minded and clinically astute choices that honor their clients.

The Soul of a Pilgrim Eight Practices for the Journey Within *Ave Maria Press* The renowned author of eight books and abbess of the online retreat center Abbey of the Arts, Christine Valters Paintner takes readers on a new kind of pilgrimage: an inner journey to discover the heart of God. Eight stages of the pilgrim's way--from hearing the call to coming home--are accompanied by scripture stories of great biblical journeys and the author's unique and creative practices of prayer, writing, and photography. As she did in *The Artist's Rule and Eyes of the Heart*, Christine Valters Paintner once again helps readers travel to the frontiers of their souls to discover the hidden presence of God. In *The Soul of a Pilgrim*, Paintner identifies eight stages of the pilgrim's way and shows how to follow these steps to make an intentional, transformative journey to the reader's inner "wild edges." Each phase of the exploration requires a distinct practice such as packing lightly, being uncomfortable, or embracing the unknown. Paintner shows how to cultivate attentiveness to the divine through deep listening, patience, and opening oneself to the gifts that arise in the midst of discomfort. Each of the eight chapters offers reflections on the themes, a scripture story, an invitation to the practice of lectio divina, and a creative exploration through photography and writing.

Living in Flow The Science of Synchronicity and How Your Choices Shape Your World *North Atlantic Books* Harness the principles of synchronicity and flow to live better, work smarter, and find purpose in your life When we align with circumstance, circumstance aligns with us. Using a cutting-edge scientific theory of synchronicity, Sky Nelson-Isaacs presents a model for living "in the flow"--a state of optimal functioning, creative thinking, and seemingly effortless productivity. Nelson-Isaacs explains how our choices create meaning, translating current and original ideas from theoretical physics

and quantum mechanics into accessible, actionable steps that we can all take to live lives in better alignment with who we are and who we want to be. By turns encouraging and empowering, Living in Flow helps us develop an informed relationship to meaning-making and purposefulness in our lives. From this we can align ourselves more effectively within our personal, professional, and community relationships to live more in flow.