

Creating a Life

Finding Your
Individual Path

JAMES HOLLIS

*Author of *The Middle Passage:
From Misery to Meaning in Midlife**



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Path**

~ James Hollis ~

Creating A Life Finding Your Individual Path

Gendelman, Miller, Taus



Creating A Life Finding Your Individual Path:

Creating a Life James Hollis, 2001 Ask yourself When do I feel most real What comes up on the screen All of us have had moments in our lives when we felt whole or wholly present or experienced a sense of well being an intuition of a higher order of reality Such moments are transitory alas and cannot be summoned up by will or mind or right conduct just as the person who seeks humility finds more and more that pride and one sidedness push the goal further and further away excerpt from *Creating A Life*

Portals into Deep Imagination Michael Wilson, 2025-04-29 An anthology of weekly contemplations and practices for spirituality through the lens of psychology inspired by the culture and mythology of the Celts in Britain and Ireland and their connection with nature This functional and thought provoking book illustrates how Celtic tales of the Otherworld offer exciting openings for understanding including dreams non ordinary states of consciousness content of the deep imagination and a bigger Mystery of life Celtic myths and legends are alive with metaphor and symbolism which is often thought to be the language of the deep imagination and is so vital to a soulful path The dreamlike quality of myth and legend where the boundary between fact and poetic imagination is misty allows us to engage with them symbolically to promote insights for daily living Bringing psychology alongside the Celts in this way allows for a conversation on spirituality where psychology sometimes leads and at other times where Celtic voices illustrate poignant truths for a path travelled in depth Following the Celtic year the book consists of eight parts with six or seven weeks per part throughout the year providing a balance of reflection on core themes and practices beginning with a festival Each week offers tales and folklore from Celtic mythology followed by a suggested practice of meditation and contemplation allowing readers to reflect on their corresponding themes in their own lives Ultimately *Portals into Deep Imagination* is a companion for contemporary spirituality in an age of transition a resource for path walkers to live more from soul via the ancients nature connection and life s Mystery

Powered by Purpose Sarah Rozenhuler, 2020-07-06 Companies with an authentic purpose outperform the market by 42% according to recent research They deliver better financial performance more employee engagement and greater competitive advantage In organisations around the world the pressure is on Whether this is increasing consumer expectations widening inequality or the growing disillusionment with globalization the need to stay viable is greater than ever The lauded leadership styles that were finely adapted to our past reality will not carry us forward *Powered by Purpose* outlines the four core leadership capacities that you need to help you feel alive at work lead an enthusiastic team and generate competitive advantage

- 1 Cultivate Leadership Presence how you can act in a way that others are inspired to follow
- 2 Make Dialogue Authentic how to talk about what matters most including people s long term wellbeing
- 3 Engage your Stakeholders how to articulate your purpose in a way that engages and energises people
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Soulcraft Bill Plotkin,2010-10-05 Since 1980 depth psychologist Bill Plotkin has been guiding women and men into the wilderness the redrock canyons and snow crested mountains of the American West but also into the wilds of the soul He calls this work soulcraft There s a great longing in all people to uncover the secrets and mysteries of our individual lives to find the unique gift we were born to bring to our communities and to experience our full membership in the more than human world This journey to soul is a descent into layers of the self much deeper than personality a journey meant for each one of us not just for the heroes and heroines of mythology A modern handbook for the journey Soulcraft is not an imitation of indigenous ways but a contemporary nature based approach born from wilderness experience the traditions of Western culture and the cross cultural heritage of all humanity Filled with stories poems and guidelines Soulcraft introduces over 40 practices that facilitate the descent to soul including dreamwork wilderness vision fasts talking across the species boundaries council self designed ceremony nature based shadow work and the arts of romance being lost and storytelling

Coach Yourself Confident Julie Smith,2024-02-19 WINNER getAbstract International Book Award 2024 Business Impact Readers Choice Business Book Awards 2025 Finalist The People s Book Prize Longlisted Title 2024 25 I devoured every page of this wonderfully written book Sergio Ezama Chief Talent Officer Netflix Want to be more confident at work You re not alone So many of us grapple with self doubt Perhaps you re an exhausted achiever You re delivering results and progressing in your career but you feel utterly worn out You re compensating for a lack of confidence with excessive effort and punishingly high standards Or perhaps you re feeling frustrated and unfulfilled Self doubt is making you hold yourself back you re avoiding challenges that could demonstrate how good you really are This book can help Distilling over a decade of real life research into clear insights practical tools and impactful activities Julie Smith shows you how to Coach Yourself Confident

My Resurrection from Hell Lewis Tagliaferre,2019-12-20 This book is a memoir of one Christian man s struggle to survive the ultimate form of suffering when he realized it was God causing his suffering After growing beyond the lifestyle of his immigrant parents his life collapsed watching his wife die untimely at age fifty two Death of a spouse is rated the highest stressor on the Holmes Rahe scale of stress a primary predictor of pending illness related to losses and other life changes Although the resulting grief is considered to be a normal human reaction it can be life threatening Unless you have watched your spouse die it is almost impossible to explain in words how it makes you feel When the traditional faith of his family provided no comfort he searched for a new belief that could make life worth living when it seemed there was no reason to go on Although he was a deacon and Sunday school teacher this widower had to reach beyond the church to find a pathway through depression to serenity and

contentment when his traditional life was destroyed In our culture widowers are expected to absorb their loss and to go on with life as though nothing happened He wants readers to know that something great happened and how it changed his life His struggle to live when life was not worth living led him through career challenges loves and losses on the way to discovery of a new belief system that accommodates the world as it is His journey to recovery may be unusual and his conclusion may be shocking but it could help other widowers to know there can be resurrection from hell **The Master Key to Life: Unlocking Your Full Potential Through Purpose and Meaning** Patrick Owens, What makes life truly fulfilling Why do some people seem deeply content while others constantly search for something more The answer lies in purpose Without it life feels aimless With it every moment carries meaning In *The Master Key to Life Unlocking Your Full Potential Through Purpose and Meaning* you will embark on a transformative journey to discover what truly drives you This book explores the profound connection between purpose and fulfillment guiding you to uncover your own unique path Through powerful insights historical lessons and practical strategies you will learn how to align your life with deeper meaning and impact From understanding the difference between passion and purpose to overcoming obstacles that stand in the way of personal growth this book offers a roadmap for anyone seeking clarity direction and a sense of fulfillment It delves into the importance of resilience self discovery and contribution showing that true purpose is not just about personal success but about the difference you make in the world If you have ever questioned your path felt stuck in routine or longed for something greater this book will provide the tools and inspiration you need to unlock your full potential and live a life of meaning Your journey to a purpose driven life starts here **The Way of the Small** Michael Gellert,2007-11-01 A practical and spiritual guide to making everyday living sacred *The Way of the Small Why Less is Truly More* explores the principals of a sound wholesome existence for both the individual and society Addressing the search for finding true happiness meaning and success *The Way of the Small* gives us new perspectives based on old wisdom on what makes for a truly lived life A practical and spiritual guide to fulfillment it illustrates that happiness is found in the small in ways to celebrate the precious small gifts of ordinary life and experiencing the sacred in all aspects of life We are reminded that Less Is More Simpler Is Better *The Way of the Small* teaches ways to embrace even life s more difficult passages such as aging failure illness or the loss of a loved one making even our pain a path to the sacred that helps us find meaning in life as it happens Offers 22 key principles to activate the way of the small simplify and discover true happiness Especially relevant for mid lifers helping the process of sifting through life experience and finding what is of true essence personally spiritually and worldly Relates the how smallness is part of established major religions and spiritual teachings A practical and spiritual guide to help us navigate a way of living in our complex times that leads to a happier and more meaningful and balanced life *Storytime Yoga* Sydney Solis,2006 Help create peaceful children and a peaceful world with this book that teaches the universal wisdom of yoga philosophy using multicultural interfaith stories to bring peace and character education to children and families **Three Worlds of**

Collective Human Experience: Individual Life, Social Change, and Human Evolution Victor N. Shaw, 2018-08-22 This book explores three worlds shared by the humans in their collective experiences It identifies and explores the world of commonsense the world of religion and the world of science as three essential dimensions of human experience The book helps understand that humans can gain comfort and pleasure in commonsense achieve meaning and purpose from religion and attain truth and rationality through science It actively applies theories to and develops theoretical explanations from different domains or situations of human existence This book is of interest to theorists researchers instructors and students across major academic disciplines in the humanities and social sciences

Searching for Soul Bobbe Tyler, 2009-07-07 To dive deep into your inner life To navigate its complexity and explore your story in depth To discover who you are exactly the courage you have when life breaks apart how conscious you become in that process and how rich you feel learning the meaning of your life On a search for wholeness Bobbe Tyler delves deep to find and tell her story the trauma of familial mental illness marriage and divorce spiritual despair accountability addiction and the joy of recovery surviving loss and finally that which matters most love in all its ways The rewards of her wisdom belong not to her alone but by way of her unflinching examination of life s many paths to all who have a story of their own to tell who have faced a life choice gone wrong or met the peace that had always seemed just out of reach This searing self appraisal provides a model for those who seek to know themselves better and are willing to sound their depths to find their story in full

The Fishbowl Principle Gendelman, Miller, Taus, 2009-12 At the core it doesn t matter what you believe governs the fate of man and Earth what matters is that humans as a global society build a future that is sustainable and peaceful This is the ultimate human evolutionary development this is our challenge By tracing our existence from where we began to what we have become today this book explores the evolution and should we continue on our current path the subsequent possible obsolescence of human beings Far from a doomsday tome The Fishbowl Principle challenges readers to expand their worldview We need to change our measure of a successful life from simply existing to prospering The authors refuse to accept that life as we exist today is as good as it gets We argue that humans have reached a fragile tipping point and that instead of fragmenting and isolating ourselves in a future of despair we can and will work together to an even higher apex As a human race we examine what can be achieved if we look to our similarities instead of our differences If we could harness communication as a powerful and cost effective tool to bring us together and educate ourselves in a way that fosters sustainable and responsible population growth the positive transformation to our lives would be immeasurable Whether you exist today as a peasant in a tribal setting or as an urban dweller we explore fostering a sense of global community based on common ground not just niche existence We present tangible alternatives and pose thought provoking questions Our vision is a collaborative one and requires your participation A path back to evolution starts with you and includes all of us

The Scientific Study of Personal Wisdom Michel Ferrari, Nic M. Weststrate, 2014-01-08 The rich and diverse contributions to this volume span a wide variety of

disciplines from psychology and philosophy to neuroscience by some of the most influential scholars in the emerging science of personal wisdom As such it is a collection of essential readings and the first publication to integrate both the spiritual and pragmatic dimensions of personal wisdom The content of the book goes beyond speculative theory to present a wealth of scientific research currently under way in this expanding field It also describes numerous promising methods now being deployed in the quest for scientific knowledge of the elusive yet critical phenomenon of personal wisdom The book is an excellent introduction to the field for novice researchers as well as a stimulating and enlightening resource for established experts Its broad appeal makes it a vital addition to the libraries of academics and practitioners in many disciplines from developmental psychology to gerontology and from philosophy to contemplative religious traditions such as Buddhism

How to Find the RIGHT Work for Challenging Times Craig Nathanson,2010-02-15 The second half of life can be a magical time filled with joy and fulfillment This can occur around one's work Sadly for many the second half of life leads to retirement and a quick path to death Craig Nathanson shows in a step by step approach how to turn the second half of life into a crusade around one's work and not a crisis This book could save your life Putting Away Childish Things Margaret Cunningham,2011-08-31 Putting Away Childish Things is a collection of sermons preached over the last fifteen years in churches on the east and west coasts primarily All Saints Church in Pasadena CA and the Church of the Redeemer in Bryn Mawr PA Neither strictly orthodox nor New Age these sermons address openly and honestly biblical issues that trouble or perplex many both inside and outside the church They have been enthusiastically received *The Care of Souls* Logan C. Jones,2019-04-22 The Care of Souls is a collection of essays and short reflections on the art of pastoral supervision in the clinical pastoral education CPE learning process The essays focus on different aspects of supervisory theory and are juxtaposed with reflections on the raw helplessness of both the patient and the chaplain which can occur at the bedside This collection highlights the critical importance of self awareness the inexact art of caring and the hard necessity of listening to another person's pain Longing for Paradise Mario Jacoby,2006 The longing for freedom from conflict suffering and deprivation is an eternal human dream of great emotional power It is the dream of total happiness embodied in almost all cultures as the myth of Paradise The author a Jungian analyst begins with a discussion of the psychological connection between the idea of Paradise and the crucially decisive quality of the Mother infant relationship in determining a child's development *A Second-Wave Positive Psychology in Counselling Psychology* Paul T. P. Wong,2023-03-31 This book on the new paradigm of existential positive psychology PP2 0 or second wave positive psychology focusses on the importance of transcending or transforming negative experiences and emotions to achieve durable flourishing The book offers exciting new concepts and skills in the practice of counselling psychology Positive psychology is evolving due to changing times and circumstances PP2 0 opens new vistas for research and interventions in counselling psychology and positive psychology Instead of relying only on the positives it posits the importance of navigating an optimal balance between positives and

negatives in each context It emphasizes the importance of inner peace balance and harmony rather than the pursuit of happiness or positive emotions More importantly PP2 0 is based on meeting the basic human needs for 1 the need to be liberated from the suffering and human bondage 2 the hope of achieving a meaningful future 3 the need to relate to others in a compassionate and authentic way so that people can experience genuine kindness and love and 4 the deep seated spiritual need for a sense of oneness with a Higher Power or nature This volume explores ways to help individuals to be liberated from their inherent limitations and at the same time empower them to achieve their highest aspirations With an updated Introduction this book is the ideal companion for any student or practitioner looking for an insightful overview of positive psychology including humanistic psychology existential positive psychology as well as counselling psychology The chapters in this book were originally published as a special issue of Counselling Psychology Quarterly

Life Path Number - Unlock your secret code Cristina Udrescu, 2025-09-14 For many years I have been seeking answers to the same questions that may be troubling you today why do certain events recur in my life Why am I drawn to specific choices What is that inner voice communicating whenever I notice a number or a date I discovered that the answers lie within numerology a powerful tool for self discovery personal growth and comprehending one's true potential This book is not about magic or superstition It delves into the profound significance and distinctive significance associated with each number Your date of birth is not a mere coincidence it is your personal secret code a key to unlocking your identity and understanding your destiny Within this numerology book you will gain knowledge of The step by step calculation of your Life Path Number The genuine meaning of each Life Path Number and its revelation about your destiny How your number influences your relationships career finances and life choices Practical numerology advices to unveil your hidden strengths and talents Whether you are brand new to Numerology or have already explored its secrets this book will help you gain clarity and a deeper understanding of yourself This book is for you if 1 You are curious about the meaning of your date of birth 2 You seek a practical introduction to numerology without complicated theories 3 You are ready to unlock your potential and align with your true path 4 You want to know why certain patterns repeat in your life I don't promise miracles I promise clarity and understanding I don't promise magic I promise a practical book to self discovery through numbers Unlock your Life Path Number today and uncover the secret code of your destiny

Theoretical Approaches to Multi-Cultural Positive Psychological Interventions Llewellyn Ellardus Van Zyl, Sebastiaan Rothmann Sr., 2019-06-11 This volume provides theoretical perspectives on and approaches to the development or enhancement of positive psychological capacities within various multi cultural professional and organizational contexts Specifically it presents theoretical frameworks for the identification development and optimization of positive psychological capacities through a contemporary multi cultural and multi disciplinary lens In recent years the applicability of positive psychological intervention PPI techniques has transposed the boundaries of clinical practice into a wide array of complementary domains such as law education business and even design sciences such as architecture These

interventions target the enhancement of positive psychological capacities e g strength identification and use high performance learning appreciative design job crafting in order to not only improve individual functioning well being and the treatment of various forms of psychopathology but also to enhance team functioning performance organizational growth and community development Despite its importance very little research has been done on the design of PPIs applicable to multi cultural contexts The contributions to this volume provide insights into this hitherto neglected area of research

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