

# Journey Of The Heart Intimate Relationship And The Path Of Love

Awakening the Heart - John  
Welwood 1983-11-12

Can a meditative practice assist and promote the healing relationship between psychotherapist and patient? The notable contributors to this practical book draw on a wide range of Eastern and Western disciplines—psychoanalysis, Gestalt, Aikido, and various Christian, Hindu, and Buddhist contemplative traditions—to show that it can. What they propose is a meeting between the Western psychotherapeutic approach—grounded in working with the personal problems and the need to carve out a strong awareness of self—and Eastern tradition, which emphasizes a larger kind of awareness and equanimity as a continuously available

source of clarity and health for those who know how to find it. They show that joining psychotherapy with meditation can mutually awaken the hearts of both therapist and client, sparking them both to open more fully. Jacob Needleman, Erich Fromm, Robin Skynner, Ram Dass, Karl Sperber, Roger Walsh, Chögyam Trungpa, and Thomas Hora are among the contributors.

**Love between Equals** - Polly  
Young-Eisendrath, Ph.D.  
2019-01-15

Learn how to successfully negotiate conflicts and deepen our most intimate relationships in this practical and thoughtful guide by an experienced Buddhist teacher, psychotherapist, and couples

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counselor. A committed relationship, as most people see it today, is a partnership of equals who share values and goals, a team united by love and dedicated to each other's growth on every level. This contemporary model for coupledness requires real intention and work, and, more often than not, the traditional archetypes of relationships experienced by our parents and grandparents fail us or seem irrelevant. Utilizing the wisdom of her years of personal and professional practice, Young-Eisendrath dismantles our idealized projections about love, while revealing how mindfulness and communication can help us identify and honor the differences with our partners and strengthen our bonds. These practical and time-tested guidelines are rooted in sound understanding of modern psychology and offer concrete ideas and the necessary tools to reinforce and reinvigorate our deepest relationships.

**The Tao of Contemplation** -  
Jasmin Lee Cori 2000-01-01

Cori presents a new look at the concept of relaxation and handling stress as she provides exercises that teach how to drop into silence, let go of control, live in the present, and allow actions to come from a deeper source.

**Perfect Love, Imperfect Relationships** - John Welwood  
2005-12-27

While most of us have moments of loving freely and openly, it is often hard to sustain this where it matters most—in our intimate relationships. Why if love is so great and powerful are human relationships so challenging and difficult? If love is the source of happiness and joy, why is it so hard to open to it fully and let it govern our lives? In this book, John Welwood addresses these questions and shows us how to overcome the most fundamental obstacle that keeps us from experiencing love's full flowering in our lives. Perfect Love, Imperfect Relationships begins by showing how all our relational problems arise out of a universal, core wounding

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around love that affects not only our personal relationships but the quality of life in our world as a whole. This wounding shows up as a pervasive mood of unlove—a deep sense that we are not intrinsically lovable just as we are. And this shuts down our capacity to trust, so that even though we may hunger for love, we have difficulty opening to it and letting it circulate freely through us. This book takes the reader on a powerful journey of healing and transformation that involves learning to embrace our humanness and appreciate the imperfections of our relationships as trail-markers along the path to great love. It sets forth a process for releasing deep-seated grievances we hold against others for not loving us better and against ourselves for not being better loved. And it shows how our longing to be loved can magnetize the great love that will free us from looking to others to find ourselves. Written with penetrating realism and a

fresh, lyrical style that honors the subtlety and richness of our relationship to love itself, this revolutionary book offers profound and practical guidance for healing our lives as well as our embattled world.

**One Soul, One Love, One Heart** - John E. Welshons  
2010-10-04

How do we heal our difficult relationships and nurture our healthy ones? What is their significance in our spiritual life? In this deeply moving, groundbreaking book, John E. Welshons answers these questions and many more. He shows why the path to real and lasting happiness lies in recognizing that we are all One, and in living in that awareness. He shows us how to heal our most difficult relationships by transforming them into our greatest spiritual lessons and how to love, forgive, and care for our fellow human beings — even those we find most difficult to love and forgive. With compassion and wisdom, Welshons invites us into a revolutionary new understanding of ourselves,

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our spiritual life, our world,  
and all our relationships.

Journey of the Heart - John  
Welwood 1995

**Waking Up Together** - Ellen  
Jikai Birx 2013-02-08  
Waking Up Together is written  
for those who want to journey  
to new depths of intimacy, both  
spiritually and in their love  
relationship. The book shows  
how a committed, long-term  
relationship can enhance  
spiritual development and how  
relationships can be  
transformed by spiritual  
practice. Written by two Zen  
teachers married for thirty-  
seven years, it shows that  
relationships and all that arise  
from them can be a help--not a  
hindrance!--as we seek greater  
freedom and joy. It is possible  
to wake up together! Going far  
beyond merely recommending  
skills and strategies to improve  
relationships, Waking Up  
Together serves as a guide in  
our ongoing process of  
spiritual discovery and  
intimacy. Throughout the book  
the authors intermingle stories  
and poems along with

anecdotes from their married  
life, empowering couples to  
awaken to an ever-expanding  
experience of relationship that  
is full of spontaneity, mystery,  
awe, love, and unlimited  
possibility. Waking Up  
Together will be useful for  
couples of all persuasions. It  
affirms and encourages couples  
to cultivate the richness of  
their own relationship, and  
open to the unbounded  
potential of love.

**Toward a Psychology of  
Awakening** - John Welwood  
2002-02-12

How can we connect the  
spiritual realizations of  
Buddhism with the  
psychological insights of the  
West? In *Toward a Psychology  
of Awakening* John Welwood  
addresses this question with  
comprehensiveness and depth.  
Along the way he shows how  
meditative awareness can help  
us develop more dynamic and  
vital relationships and how  
psychotherapy can help us  
embody spiritual realization  
more fully in everyday life.  
Welwood's psychology of  
awakening brings together the

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three major dimensions of human experience: personal, interpersonal, and suprapersonal, in one overall framework of understanding and practice.

### How to Fall in Love - A 10-Step Journey to the Heart -

Katherine Baldwin 2017-03-08

Are you struggling to understand why you're single and why none of your relationships work out? Do you find yourself drawn to men or women who won't commit? Do you wonder if you'll ever meet your match? How to Fall in Love is a relationships guide with a difference, written for those who want to explore the real reasons for their singleness.

### Challenge of the Heart - John Welwood 1985-10-12

This powerful collection of essays by such notables as D. H. Lawrence, Robert Bly, Anne Morrow Lindbergh, and Rainer Maria Rilke focuses on the challenges of love between men and women, addressing the questions and difficulties arising for people in relationships today. Anyone

who is, has been, or hopes to be in an intimate relationship with a person of the opposite sex will find this book "must" reading. The first group of essays deals with the contradictions and possibilities inherent in erotic love, leading to the question posed in the next section: What do men and women really want? The contributors then explore marriage as an ongoing path of personal transformation. That opens into a look at sexuality itself as an especially vivid meeting of two different worlds. The book closes with a group of writings that consider relationship as a vehicle for developing power, wisdom, and inner truth. Carefully selected, threaded together by Welwood's insightful commentary, the essays presented here approach the challenge of intimacy with bravery and gentleness, inspiring the reader toward becoming a "warrior of the heart."

### Love and Awakening - John Welwood 1996

Combining practical advice

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(like that of Harville Hendrix) with spiritual teaching (like those of Thomas Merton), the bestselling author of Journey of the Heart, Challenge of the Heart, and Awakening the Heart creates an extraordinary book about the sacred power of intimate relationships.

### **Yoga Journal** - 1991-03

For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

### **Be Love Now** - Ram Dass 2011-09-30

As one of the most respected spiritual explorers of recent times, Ram Dass sparked a revolution with the publication of his 2-million-copy classic, Be Here Now. Since then, he has been a beacon for spiritual

seekers worldwide, challenging us to find new sources of meaning and purpose in our lives. Be Love Now is a remarkable blend of autobiography and timeless spiritual insights. From his beginnings as a Harvard psychologist and psychedelic adventurer to his profound encounters with his Indian guru, Neem Karoli Baba, and moving beyond the reawakening brought on by his near-fatal illness, Ram Dass strikes a practical, humorous, soul-stirring chord in today's egotistical and lonely world. While offering us his rich life experiences, he also holds out a timeless, wonderfully universal adventure that will open our hearts and minds.

### Poems of Love and Awakening - John Welwood 2015-04-27

John Welwood is a psychotherapist, writer, and teacher specializing in integrating Eastern spiritual wisdom and Western psychology, and has studied Buddhism and Eastern contemplative psychologies for more than forty years. He has

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published eight books, including Journey of the Heart: The Path of Conscious Love, Toward a Psychology of Awakening, and Perfect Love, Imperfect Relationships: Healing the Wound of the Heart, which was the winner of the Books for a Better Life Award. John's book of poems gives voice to his personal experience of love as well as spiritual realization, insight, awe, and devotion.

### **Heart of the Living God -**

Michael G. Maness 2004-06-23

Maness asks us to tie up our sneakers, for we are going to have some fun as we hike into the Grand Canyon of Love. Love is the treasure of life. It is Love all the way. Nothing else really matters outside of Love. Best of all, our Love will only get better in heaven. The treasured ability to have loving relationships is Gods gift to us in our Imago Deithe image of God we all share. Likewise, what we know of Love this side of heaven is but a dusty image of what God experiences. I want to get personally involved, says Maness. Can we

have a free-will relationship with anyone, even God, if all of what we do and think is settled? I dont think so. Love is greater than that, and I shall prove that, and that is indeed a Grand Canyon. Manes brings some of the brain-splitting complexities of this to light with good humor, introduces dynamic foreknowledge, and challenges Classical Theisms avoidance of Love. And he exposes some foul play in the process. Thats the first half of the book. For those wanting to strike out on their own (wanting to see more of the depth and diversity of the Grand Canyon), the second half contains reviews of about 60 major authors, a 4,000+ Abysmal Bibliography, and a huge index to just about everything in the book. Maness has thrown a gauntlet before the Classical Theists. So tie up your sneakers and take a hike with Michael G. Maness as he walks with you into the Grand Canyon. see more at [www.PreciousHeart.net](http://www.PreciousHeart.net)  
**Journey of the Heart -** John Welwood 1996-01-05

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As men and women find that they can no longer rely on old roles and formulas to get along, intimate relationships call for a new kind of honesty and awareness, a willingness to let go of old patterns and cultivate new capacities.

Journey of the Heart shows how we can rise to this challenge by learning to use whatever difficulties we face in relationships as opportunities to expand our sense of who we are and deepen our capacity to connect with others. This is the path of conscious love.

**The Faces of Buddhism in America** - Charles S. Prebish  
2023-11-10

Buddhism is the fastest growing religion in the United States, with adherents estimated in the several millions. But what exactly defines a "Buddhist"? This has been a much-debated question in recent years, particularly in regard to the religion's bifurcation into two camps: the so-called "imported" or ethnic Buddhism of Asian immigrants and the "convert" Buddhism of a mostly middle-class, liberal,

intellectual elite. In this timely collection Charles S. Prebish and Kenneth K. Tanaka bring together some of the leading voices in Buddhist studies to examine the debates surrounding contemporary Buddhism's many faces. The contributors investigate newly Americanized Asian traditions such as Tibetan, Zen, Nichiren, Jodo Shinshu, and Theravada Buddhism and the changes they undergo to meet the expectations of a Western culture desperate for spiritual guidance. Race, feminism, homosexuality, psychology, environmentalism, and notions of authority are some of the issues confronting Buddhism for the first time in its three-thousand-year history and are powerfully addressed here. In recent years American Buddhism has been featured as a major story on ABC television news, National Public Radio, and in other national media. A strong new Buddhist journalism is emerging in the United States, and American Buddhism has made its way onto the Internet. The faces of



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Buddhism in America are ~~no longer work, that intimate~~ diverse, active, and growing, and this book will be a valuable resource for anyone interested in understanding this vital religious movement.

**Surrender to Love** - David G. Benner 2015-09-24

In this expanded edition of a spiritual formation classic, David G. Benner explores the twin themes of love and surrender as the heart of Christian spirituality. God doesn't want his people to respond to him out of fear or obligation, but invites us to enter into an authentic relationship of intimacy and devotion—by surrendering to love.

*JOURNEY HEART PB* - John Welwood 1991-08

Today's men and women are discovering that the old roles

~~no longer work, that intimate~~ relationships call for a willingness to release old patterns and cultivate new powers of sensitivity and awareness. In *Journey of the Heart*, John Welwood reveals a new approach to intimate relationships and self-discovery.

**Yoga Journal** - 1991-03

For more than 30 years, *Yoga Journal* has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, *Yoga Journal* strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

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