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Unlike other guides that focus on how to make relationships work, this groundbreaking book teaches couples how their relationships can make their lives work. Combining the practical advice of Harville Hendrix with the spiritual guidance of Thomas Moore, it shows couples how their relationships can help them discover their sacred selves in such chapters as "The Power of Truth-Telling", "The Inner Marriage", "Men In Relationship" and "Soulwork and Sacred Combat". Along the way, it provides a wealth of practical guidance on how to deal with difficult problems and includes lively dialogues from Welwood's workshops that dynamically illustrate his core ideas. Men and women are searching for deeper meaning and purpose in their everyday lives and relationships. Love and Awakening fills this need. It is a book couples will want to read together.

A renowned Zen master and Nobel Peace Prize nominee introduces a Buddhist approach to practicing authentic love in our everyday lives. In this eye-opening guide, Zen monk Thich Nhat Hanh offers timeless insight into the nature of real love. With simplicity, warmth, and directness, he explores the four key aspects of love as described in the Buddhist tradition: lovingkindness, compassion, joy, and freedom—explaining how to experience them in our day-to-day lives. He also emphasizes that in order to love in a real way, we must first learn how to be fully present in our lives, and he offers simple techniques from the Buddhist tradition that anyone can use to establish the conditions of love. Thich Nhat Hanh, a Vietnamese Zen Buddhist monk, is an internationally known author, poet, scholar, and peace activist who was nominated for the Nobel Peace Prize by Martin Luther King Jr.

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

A passionate and deep exploration of how love is essential to our spiritual growth and development, from beloved author and teacher A. H. Almaas. Love is a universal energy—and a primary force that powers our movement toward spiritual illumination. All the ways we need love are simply reflections of our need for

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spiritual growth. In *Love Unveiled*, A. H. Almaas explores three dimensions of love: appreciative love--the true liking of somebody or something; merging or connecting love--a force that melts away separateness; and passionate, ecstatic love--capable of consuming us from inside. In their own way, each reveals the beauty and exquisiteness of our spiritual heart, which is the heart of the divine. However, the path of spiritual love is not without challenges. Almaas explores the barriers that tend to block our experience of loving awakening and provides experiential exercises throughout the book to help readers along their path. The exercises focus on the obstacles or misunderstandings that commonly arise for each quality or dimension of love. Presented in the form of writing or monologuing prompts, readers can work independently or in small groups to confront the emotional obstacles on their spiritual path. Regardless of where you are on your path, *Love Unveiled* will help you explore love in three essential dimensions and gain a deeper connection to yourself.

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 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.

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.

This book precisely maps a unique journey that turns the problems and conflicts that inevitably arise in relationships into opportunities for deeper connection. Illuminating case studies, guided self-inquiries, and challenging exercises help you discover how to engage your partner in a deeper dialogue and find ways of expressing the most profound and untamed aspects of your nature.

PURPOSE AWAKENING, the breakout book of international speaker Touré Roberts, is about that transformational moment when you are awakened to the purpose of your life. Your life began with a brilliant thought in God's mind. Your purpose, therefore, is the awakening to that thought. In this groundbreaking book, Touré introduces a new way to perceive the meaning of purpose. As he says: "You don't find purpose; purpose finds you." In fact, purpose conceived you; it was the catalyst for your

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birth. This thought-provoking book opens with the revolutionary concept that "Every life began as an epic idea." This new way of finding your purpose will empower you and change your life forever. You haven't even begun to live until you find out why you are here. Touré uses personal stories, humor, and eye-opening analogies to take you on a transformational journey. You will learn how to discover your unique purpose, know God's voice, identify and choose purpose mates, end wrong relationships, put an end to fear, grow your faith, and so much more. PURPOSE AWAKENING will also give you a relatable and practical guide that will instill confidence, peace, and fulfillment by demystifying the journey to purpose, and enabling you to discover your own unique awakening. Being more than just a "feel good book," PURPOSE AWAKENING provides true direction and gives parameters that guide the purpose-seeker. It will set you on a life-changing course to discovering the good idea concerning your life and the joys of seeing it fulfilled.

Mother Theresa. The Dalai Lama. Nelson Mandela. Gandhi. Some admire such figures from afar and think 'How special they are; I could never be like that. But as John Makransky has learned' the power of real and enduring love lies within every one of us. Awakening Through Love is his guide to finding it. In Awakening Through Love' he pioneers new ways of making Tibetan meditations of compassion and wisdom accessible to people of all backgrounds and faiths. Drawing from Tibetan teachings of compassion and the Dzogchen teachings of innate wisdom' and using plain' practical instruction' he helps readers uncover the unity of wisdom and love in the very nature of their minds. Then Lama John describes how to actualize those qualities in every aspect of family life' work' service and social action.

An entirely new Intelligence has been blinking in and out of human existence for thousands of years. This astonishing gift has emerged from the immense creativity of the universe and is now becoming stabilized in increasing numbers of people the world over. I call it the emergent consciousness of Love. Such a consciousness is not a different way of thinking; it is a radically different orientation-to everything. Our work is to cooperate with it. This is not a self-help book. Nor is it a book about religion. It is an experiential inquiry into a consciousness of Love that honors all persons and all spiritual paths. If you love Life-all of life; if your intention is to serve Love, whatever it asks of you, Awakening the Energies of Love will help prepare you for its power and provide a pathway into the most significant transformation humanity has ever undergone. The thread that runs through the book and ties it together is story: personal, collective, and cosmic. These interwoven stories bring to life and create a hearth for the New Story inspired by Teilhard de Chardin, developed by Thomas Berry and Brian Swimme, and which continues to evolve. In a sense, it's a story that, until now, has been told only in part: through geology, anthropology, physiology, psychology, archeology, architecture, and religion.

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Together, these disciplines are like tributaries feeding a great river of human knowledge summarized in the first half of the book: The Known. But to be complete, the New Story requires the fundamental change of mind and heart that comes with the inexpressible gift of awakening to the energies of Love. This begins the focus of the second half of the book, The Unknown. The remaining chapters explore the qualities and the consequences of living with the kind of love, compassion, and truth illuminated by the world's great spiritual masters of every era-and to learn what Teilhard meant when he wrote, "for the second time in the history of the world, humanity will have discovered Fire."

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