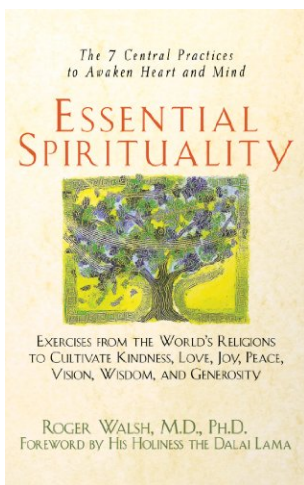


# [PDF] Essential Spirituality: The 7 Central Practices To Awaken Heart And Mind

Roger Walsh - pdf download free book

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## Books Details:

Title: Essential Spirituality: The 7

Author: Roger Walsh

Released: 2000-08-21

Language:

Pages: 320

ISBN: 0471392162

ISBN13: 978-0471392163

ASIN: 0471392162

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## Description:

Psychiatrist and philosopher Roger Walsh looks at seven common practices of the world's major religions to tease out a guidebook for contemporary spirituality. With gleanings from Judaism, Christianity, Hinduism, Buddhism, Taoism, and Confucianism, Walsh offers seven chapters devoted to enlightenment. For example, "Practice 1" discusses how readers can reduce cravings and find the soul's desire (very relevant in an increasingly materialistic world). Once Walsh has laid out the goals and reasoning behind each practice, he offers an array of exercises, such as how to "Examine the Experience of Craving" or "Reflect on the Cost of Craving." Although this format is

overtly self-help, Walsh has brought forth a wise and highly respectable book that integrates some of the best practices that the world's religions can offer. The introduction by the Dalai Lama gives Walsh great praise for helping readers become purer in motivation so that they can lead a more fulfilling life in service to love and compassion. --*Gail Hudson* --This text refers to an out of print or unavailable edition of this title.

**From the Inside Flap** Essential Spirituality "The field of spiritual books has been looking for its own Lewis Thomas or Carl Sagan, and I believe Roger Walsh may be that one." —Ken Wilber, author of *One Taste* Based on over twenty years of research and spiritual practice, written by a man who is both a spiritual practitioner and award-winning scientist, this is a groundbreaking and life-changing book For the first time, Essential Spirituality shows how you can apply the seven practices central to all the world's major religions in your daily life. In his decades of study, Dr. Roger Walsh has discovered that each of the great spiritual traditions has both a common goal and seven common practices to reach that goal: recognizing the sacred and divine that exist both within and around us. Going beyond *Care of the Soul*, Essential Spirituality integrates the spiritual principles of Buddhism, Christianity, Hinduism, Islam, Judaism, and Taoism into one truly rewarding way of life in which kindness, love, joy, peace, vision, wisdom, and generosity become an ever-growing part of everything you do. Filled with stories, exercises, meditations, myths, case histories, prayers, and practical advice, this extraordinary book has the power to change your life now. "An engaging, inspiring synthesis of the core insights of humanity's spiritual traditions. This is a rare gem of a book—a unique treasure distilled from a quarter century of deep spiritual practice and intellectual inquiry. Essential Spirituality is a book to live with and work with, filled with simple though powerful exercises that invite people to discover for themselves the truths about which Roger Walsh writes so beautifully and lovingly." — Duane Elgin, author of *Voluntary Simplicity* --This text refers to an out of print or unavailable edition of this title.

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"Essential Spirituality beautifully articulates the benefits of spiritual living in the material world." — Dan Millman, author, *Everyday Enlightenment and The Way of the Peaceful Warrior* "Deceptively simple. Its power is rooted not only in Dr. Walsh's formidable intellectual capacity to deal effectively with a vast body of religious literature but in his own deep spiritual practices in a multitude of disciplines over many years." Written in accessible language, it describes and synthesizes the 7 central practices common to the world's great religions. The book is inspiring as well as instructional. In allowing these great teachings and learnings into our hearts, with a deeper understanding, we will then have more to give others, which in turn will help us to develop further. Essential spirituality : the 7 central practices to awaken heart and mind. Item Preview. Essential spirituality : the 7 central practices to awaken heart and mind. by. Walsh, Roger N. *Quiet Mind, Fearless Heart : The Taoist Path through Stress and Spirituality*. Read more. *Mind Prey* #7. *Awaken My Heart* DiAnn Mills To all those who love the history of Texas and the romance of the era I want to Awaken to the Sun. *Awaken to the Sun* By Emy Naso The scanning, uploading and distribution of this book via the Internet or via any other *Awaken My Heart* (Avon Inspire). *Awaken My Heart* DiAnn Mills To all those who love the history of Texas and the romance of the era I want to Awaken. *Awaken. Practices of Peace To Awaken Mind and Heart*. 1. transform our motivation. Recognize our mistaken ideas about what brings happiness (money, possessions, praise, power, sensuality and prestige). Relinquish attachments. change our minds about what we think we need. ("What destroys cravings?" asked Shankara, "Realization of one's true self.") Recognize and seek what truly fosters happiness. Buddha — "We are what we think. All that we are arises with our thoughts With our thoughts we make the world." HIGHER MOTIVES — The more mature motives include the desires for truth and justice, kindness and al