

# Spirituality For Dummies

**Stephan Bodian**

*Spirituality For Dummies* Sharon Janis, 2011-02-08 Want to get in touch with your spiritual side? *Spirituality For Dummies*, 2nd Edition, shows you how to use spiritual principles to understand and improve your life, empower your mind, and nourish your soul. Complete with a CD filled with calming, spiritual music, it is your personal guide to serenity and spiritual healing. Spiritual philosopher Sharon Janis shows you how to discover the deeper calling of your soul, survive and thrive through adversity, and look at the world with optimism. You'll learn how to use meditation, yoga, prayer, and journaling for inward reflection and to spark new vistas as you unfold your own spiritual wisdom and move forward on your spiritual journey in your own individual way. You'll find similarities and differences among a variety of basic spiritual concepts from different religious and philosophical traditions, and you'll discover how to: Find your spiritual path Uplift your body, mind, and spirit Fulfill your greatest dreams Spiritualize your relationships Cultivate your spiritual virtues Increase your inner peace and happiness Turn troubles into triumphs Recognize yourself as a co-creator Be a VIP: a very inspired person The companion CD that accompanies this gentle guide brings you more than 60 minutes of inspirational music from around the world. It features the author and other artists performing songs and chants from Christian, Jewish, Buddhist, and Hindu traditions in their native languages. Note: CD-ROM/DVD and other supplementary materials are not included as part of eBook file.

**SPIRITUALITY FOR DUMMIES(With CD)** Sharon Janis, 2007-09-17 A book that will exhilarate your mind and inflame your soul, *Spirituality For Dummies* puts you on the path to living a more spiritual life. These pages will enlighten you by simplifying not-so-simple concepts. This guide brings spirituality down to earth for you with explanations of spiritual practices, including meditation, yoga and prayer. This is accompanied by a bonus audio CD which includes over 60 minutes of inspirational music Gospel songs from the Agape international choir Eastern songs and chants performed in their native languages by the author and other singers Christian chanting by the Desert Fathers. It explores spiritual ideas from a variety of religious and philosophical texts in combination with relevant psychological and scientific research. · Spirituality Defined · Uncovering Your Own Spirit · Your Soul's Journey in This World · Spirituality in Your Daily Life · If I'm Already Spiritual, Why Do I Need Practices? · Practices to Energize Your Body · Practices to Empower Your Mind · Practices to Nourish Your Spirit · Cultivating Spiritual Virtues · As You Sow, So Shall You Reap · From Greed to Divine Abundance · From Worldly Attachments

to Spiritual Freedom · From Trials to Transcendence: Growing from Adversity · From Relationships to Divine Love · Let Go and Let God · Be a Co-Creator · Living in a Conscious World · Ten Small Things You Can Do to Uplift Your Life · Spiritual-Sounding Lines and What They May Really Mean · Ten More Commandments · Ten Examples of Seeing Your Life with Spiritual Eyes

**Spirituality for Everyone** Sharon Janis,2017-06-24 Spirituality for Everyone presents basic spiritual concepts from various traditions, combined with relevant psychological and scientific studies and my own personal understandings, insights, experiences, and occasionally opinions.-from Introduction.

**Hinduism For Dummies** Amrutur V. Srinivasan,2011-07-12 Your hands-on guide to one of the world's major religions The dominant religion of India, Hinduism refers to a wide variety of religious traditions and philosophies that have developed over thousands of years. Today, the United States is home to approximately one million Hindus. If you've heard of this ancient religion and are looking for a reference that explains the intricacies of the customs, practices, and teachings of this ancient spiritual system, Hinduism For Dummies is for you! Provides a thorough introduction to this earliest and popular world belief system Information on the rites, rituals, deities, and teachings associated with the practice of Hinduism Explores the history and teachings of the Vedas, Brahmans, and Upanishads Offers insight into the modern daily practice of Hinduism around the world Continuing the Dummies tradition of making the world's religions engaging and accessible to everyone, Hinduism For Dummies is your hands-on, friendly guide to this fascinating religion.

**Meditation For Dummies®** Stephan Bodian,2011-03-03 The popular guide-over 80,000 copies sold of the first edition-now revised and enhanced with an audio CD of guided meditations According to Time magazine, over 15 million Americans now practice meditation regularly. It's a great way to reduce stress, increase energy, and enjoy better health. This fun and easy guide has long been a favorite with meditation newcomers. And now it's even better. For this new edition, author Stephan Bodian has added an audio CD with more than 70 minutes of guided meditations that are keyed to topics in the book, from tuning in to one's body, transforming suffering, and replacing negative patterns to grounding oneself, consulting the guru within, and finding a peaceful place. The book also discusses the latest research on the health benefits of meditation, along with new advice on how to get the most out of meditation in today's fast-paced world. Stephan Bodian (Fairfax, CA and Sedona, AZ) is a licensed psychotherapist and the former editor-in-chief of Yoga Journal. He has written for Fitness, Alternative Medicine, Cooking Light, and Tricycle and is the coauthor of Buddhism For Dummies (0-7645-5359-3).

*Buddhism For Dummies* Jonathan Landaw,Stephan Bodian,Gudrun Bühnemann,2019-08-07 Your hands-on guide to this widely practiced and ancient religion Buddhism, one of the world's most widely practiced religions, is a fascinating yet complex eastern religion that is rapidly spreading throughout western civilization. What does it mean to be a Buddhist? What are the fundamental beliefs and history behind this religion? Buddhism For Dummies explores these questions and more in

this updated guide to Buddhist culture. You'll gain an understanding of the origins of this ancient practice and how they're currently applied to everyday life. Whether you're a searcher of truth, a student of religions, or just curious about what makes Buddhism such a widely practiced religion, this guide is for you. In plain English, it defines the important terms, explains the key concepts, and explores in-depth a wide range of fascinating topics. New and expanded coverage on all the schools of Buddhism, including Theravada, Tibetan, and Mahayana The continuing relevance of the Dalai Lama Updated coverage on daily observances, celebrations, styles, practices, meditation, and more Continuing the Dummies tradition of making the world's religions engaging and accessible to everyone, Buddhism For Dummies is your essential guide to this fascinating religion. P.S. If you think this book seems familiar, you're probably right. The Dummies team updated the cover and design to give the book a fresh feel, but the content is the same as the previous release of Buddhism For Dummies (9781118023792). The book you see here shouldn't be considered a new or updated product. But if you're in the mood to learn something new, check out some of our other books. We're always writing about new topics!

*Judaism For Dummies* Ted Falcon, David Blatner, 2019-08-16 Your plain-English guide to Judaism Whether you're interested in the religion or the spirituality, the culture or the ethnic traditions, Judaism For Dummies explores the full spectrum of Judaism, dipping into the mystical, meditative, and spiritual depth of the faith and the practice. In this warm and welcoming book, you'll find coverage of: Orthodox Jews and breakaway denominations; Judaism as a daily practice; the food and fabric of Judaism; Jewish wedding ceremonies; celebrations and holy days; 4,000 years of pain, sadness, triumph, and joy; great Jewish thinkers and historical celebrities; and much more. Updates to the recent history section with discussions of what has happened in the first decade of the twenty-first century including: the expansion of orthodox political power in Israel; expansion of interfaith work; unfortunate recent anti-Semitic events; and other news Expanded coverage of Jewish mysticism and meditation, which has become increasingly popular in recent years New coverage on Jewish views of morality, including birth control, homosexuality, and environmental concerns Revised recipes for traditional Jewish cooking, updated key vocabulary, and Yiddish phrases everyone should know Jews have long spread out to the corners of the world, so there are significant Jewish communities on many continents. Judaism For Dummies offers a glimpse into the rituals, ideas, and terms that are woven into the history and everyday lives of Jewish people as near as our own neighborhoods and as far-reaching as across the world. P.S. If you think this book seems familiar, you're probably right. The Dummies team updated the cover and design to give the book a fresh feel, but the content is the same as the previous release of Judaism For Dummies (9781118407516). The book you see here shouldn't be considered a new or updated product. But if you're in the mood to learn something new, check out some of our other books. We're always writing about new topics!

*Taoism For Dummies* Jonathan Herman, 2013-05-30 The definitive guide to understanding Taoism—no matter your background or faith Lao Tzu's Tao Te Ching is the second most translated book in the world, and the practice of religious

Taoism is on the rise in China, where adherents currently number in the hundreds of millions. Yet there remains a remarkable lack of reliable information about Taoism for curious westerners. Taoism For Dummies provides comprehensive coverage of Taoism's origins in China's Chou Dynasty, its underlying quietist principles, its emergence as a major religion, various interpretation of its core texts, including both Eastern and Western interpretations, key Taoist concepts, and much more. It also provides a fascinating glimpse of Taoism in contemporary China. The ideal guide for readers interested in this influential religion, as well as those taking an introductory course on Taoism or Chinese Religion A valuable source of insight for those with an interest in modern Chinese culture and beliefs

**Comparative Religion For Dummies** William P. Lazarus, Mark Sullivan, 2011-01-31 Understand the beliefs, customs, and rituals of each faith The fun and easy way to know the common elements of these widespread religions Want to know more about the faiths of Judaism, Christianity, and Islam? This plain-English guide traces their evolution from their common origin - Abraham - and explains their different, yet linked, beliefs. You'll see how each religion developed, endured setbacks, and became a fixture in modern society - and you'll learn how members have developed similar approaches to worship. Discover: How the belief in one God originated The roots of Abraham's family tree The sacred texts of each faith Major similarities and differences How these religions influenced the world

The Bible For Dummies Jeffrey Geoghegan, Michael Homan, 2016-05-31 The Bible For Dummies (9781119293507) was previously published as The Bible For Dummies (9780764552960). While this version features a new Dummies cover and design, the content is the same as the prior release and should not be considered a new or updated product. Discover the world's all-time bestseller in an entirely new light Ninety percent of Americans own a copy of the Bible, and while it's the most widely read book, it's also the least understood. Regardless of your religion, understanding the Bible brings much of Western art, literature, and public discourse into greater focus—from Leonardo da Vinci's Last Supper painting to the Wachowski brothers' The Matrix movies. People have historically turned to religion to deal with tragedy and change, and with the right insight, the Bible can be an accessible, helpful guide to life's big questions. The Bible For Dummies appeals to people of all faiths, as well as those who don't practice any particular religion, by providing interfaith coverage of the entire Bible and the often fascinating background information that makes the Bible come alive. You'll find answers to such questions as: Where did the Bible come from? Who wrote the Bible? How is the Bible put together? Follow the history of the Bible from its beginning thousands of years ago as tattered scrolls to its status as the bestseller of all time. The Bible For Dummies covers these topics and more: Ten people in the Bible you should know The Hebrew Bible The Apocrypha's hidden treasures What's new about the New Testament Israel's wisdom, literature, and love poetry The Bible's enduring influence The prophets: more than fortunetellers Whether you're interested in broadening your spiritual horizons, uncovering the symbolism of Western culture, or gaining a deeper understanding of the book you grew up reading, The Bible For Dummies

has all the information you need to navigate this ancient and fascinating book.

**Catholicism For Dummies** Rev. John Trigilio, Jr., Rev. Kenneth Brighenti, 2011-03-10 There are more than one billion Catholics in the world, and each one has a similar set of basic beliefs and practices that he or she follows. Some of the teachings of Catholicism are thousands of years old, while others are more recent. So what is the Catholic culture like and what do they believe? *Catholicism For Dummies* answers these and many other questions. Whether you're a Catholic or not, you may be totally clueless or just unaware of some aspects of Catholic traditions, history, doctrine, worship, devotion, or culture. No sweat. Regardless of whether you're engaged, married, related to a Catholic, or just curious about what Catholics really do believe, this book is for you. *Catholicism For Dummies* is not a catechism or religious textbook, but a casual, down-to-earth introduction for non-Catholics and reintroduction for Catholics. It gives commonsense explanations so that the next time you're invited to a Catholic wedding, Baptism, funeral, Confirmation, or First Communion, you won't be totally confused. You'll also discover other important topics that can help you better understand the Catholic culture—from morality and devotions to worship and liturgy. This book will familiarize you with Catholicism by showing you: What it means to be a Catholic: traditions, prayers, beliefs, and holidays Who is who in the Catholic hierarchy How Catholics worship What the Seven Sacraments and Ten Commandments are The book regarded as the holiest to Catholics: The Bible The Church's stand on some sticky issues *Catholicism For Dummies* presents a rich tapestry and history of the Catholic faith—from devotions to doctrines. This intelligent and faithful look at Catholicism will open your eyes to this religion and answer many of the questions you may have about it.

*Mindfulness For Dummies* Shamash Alidina, 2010-06-03 How to reduce stress, anxiety, high blood pressure, and even chronic pain-by refocusing your mind A cutting-edge meditation therapy that uses self-control techniques, mindfulness has taken off across the globe as a way of overcoming negative thoughts and emotions and achieving a calmer, more focused state of mind. Written by a professional mindfulness trainer, this practical guide covers the key self-control techniques designed to help you achieve a more focused and contented state of mind, while maximizing the health benefits of mindfulness—from reducing stress, anxiety, and high blood pressure to overcoming depression and low self-esteem and battling chronic pain and insomnia. Includes self-control techniques (such as body posture, sitting practice and breathing exercises) and routines Includes an audio CD featuring narrated meditations and exercises Introducing you to a new and powerful form of meditation therapy, *Mindfulness For Dummies* outlines how to use it in your everyday life to achieve a new level of self-awareness and self-understanding and reap the long-term rewards of better health. Note: CD files are available to download when buying the eBook version

**Secrets of Spiritual Happiness** Sharon Janis, 2006-12-30 In this entertaining, accessible, and down-to-earth guide, spirituality expert Sharon Janis demystifies the secrets to attaining happiness and harmony. Readers will be spiritually

transformed by this complete, practical, and straightforward guide to contentment. Sharon Janis explains the keys to happiness and offers simple tips to help readers respond positively to life situations. Janis's sound advice makes *Secrets of Spiritual Happiness* a refreshing, realistic tool to achieving joy and fulfillment in everyday life.

***Christianity For Dummies*** Richard Wagner, 2011-04-20 Get to know the beliefs and practices inspired by Jesus Christ Discover what it means to be a Christian and follow the gospel Curious about Christianity? This friendly guide helps you understand the basic teachings of the Christian faith, exploring the common ground that all Christians share, the differences among the major branches, the key events in Christian history, the key theological issues, and the many ways Christians live out their faith in today's world. The Dummies Way Explanations in plain English Get in, get out information Icons and other navigational aids Tear-out cheat sheet Top ten lists A dash of humor and fun Discover how to: Express the core essentials of Christianity Appreciate the life and teachings of Jesus Understand why the Bible is central to the faith Respect the unique roles of the Trinity Explore controversial issues among the branches

***Meditation For Dummies*** Stephan Bodian, 2016-05-23 Take an inward journey for a happier, healthier life Meditation has been used for centuries to reduce stress, increase energy, and enhance overall health and well-being—so it's no wonder more and more people in today's fast-paced and stress-centric world are adopting this age-old practice. If you want to achieve a greater state of calmness, physical relaxation, and psychological balance, *Meditation For Dummies* is your life raft. Covering the latest research on the health benefits of meditation, this new edition explains in plain English how you can put meditation into practice today and start reaping the benefits of living a more mindful life. Whether you're new to meditation or a seasoned practitioner coming back for a refresher course, this plain-English guide provides a wealth of tips and techniques for sitting (or lying) down with your mind to meditate successfully. From preparing your body for meditation to focusing your awareness and being open to the present moment, it covers everything you need to put distractions to rest and open yourself up to a meditation practice that works for you. Provides the latest research on the causes of happiness and how meditation can improve your mood Includes a new chapter on the growing trend of meditation in the workplace Explains how meditation and other mindfulness practices have made their way into hospitals, schools, prison, and military groups Illustrates the benefits of taking time to consciously cultivate mindfulness through meditation If you're ready to find some zen and benefit from all meditation has to offer, this friendly guide sets you up for success.

***Mormonism For Dummies*** Jana Riess, Christopher Kimball Bigelow, 2005-02-25 Get the facts on temples, tithing, missions, and caffeine Mormon doctrines, rituals, and history, demystified at last! Mormonism, or the LDS Church, is one of the world's fastest growing religions. But unless you were raised a Mormon, you probably don't have a clear picture of LDS beliefs and practices. Covering everything from Joseph Smith and the Book of Mormon to tithing and family home evening, this friendly guide will get you up to speed in no time. Discover: \* How the LDS Church differs from other Christian churches

\* What Mormons believe \* What happens in Mormon temples and meetinghouses \* The history of the LDS Church \* LDS debates on race, women, and polygamy

A Simple Look at Religion(s) craig lock,2013-07-19 An introductory look at the major religions of the world ... for thinkers (and tinkers)A collection of Craig Lock's various articles on religion (and different religions). \*Author's Note:This is a rough draft of the manuscript, but am uploading with Amazon as I write it. Please excuse lay-out in the meanwhile. I hope, I trust, that this material may be interesting and informative... and perhaps even be enlightening to you. Enjoy.... \*

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*Spiritual Development for Beginners* Richard Potter,Jan Potter,2006 What exactly is spiritual development? Is it about being happy, becoming wise, finding yourself, finding the right religion, or discovering a deeper purpose? Spiritual Development for Beginners clarifies this complex idea and offers friendly guidance to anyone-religious or not-embarking on this great adventure. Emphasizing spiritual growth as a universal and personal process, the authors offer mystical insight and an array of practices-from a variety of spiritual traditions-to forge a unique path to spirituality. Techniques involving breath, light, sound, and visualization help seekers center their consciousness, refine their auras, open their hearts, master their emotions and impulses, alter their perspectives, and strengthen their connection with spiritual realms. This practical guide also shows how to use meditation, prayer, and dream interpretation as tools to transform consciousness and become a whole person.

Wicca and Witchcraft For Dummies Diane Smith,2011-05-09 Examines Wiccan magic, rituals, traditions, and code of

conduct Get the scoop on this ancient spiritual path Wondering what it takes to be a Wiccan? This plain-English guide introduces you to the vibrant world of Wicca and the practices of Witchcraft, describing its ancient origins, dispelling stereotypes, and explaining Wiccan beliefs, ethics, rituals, and holidays. You'll see what it means to live as a contemporary Wiccan -- and how to worship alone or with a group. Discover how to \* Worship alone or join a coven \* Perform charms, blessings, and spells \* Obtain necessary tools and supplies \* Spot spiritual scams and inappropriate behavior \* Explore a spiritual path guided by nature

**The Book of Revelation For Dummies** Richard Wagner, Larry R. Helyer, 2011-01-31 Are you baffled by the Book of Revelation? Understand the purpose, key themes, and symbolism of the most fascinating book in the Bible with **The Book of Revelation For Dummies**, an easy-to-understand guide that will help you grasp the enduring messages of Revelation and apply them to your life. You will understand what Revelation says about the past, present, and future, and how it relates to the rest of the Bible. You will learn how this mysterious book of the Bible fits into a historical context. You'll discover all kinds of interesting facts about the apostle John and learn about the details of his world. You will be able to choose a perspective for interpreting this book of the Bible and decipher the many haunting symbols. There is no need to read this reference guide from cover to cover; simply browse the table of contents or flip through the pages to find the answers and assistance that you need. Discover how to: Interpret the prophecy of the Revelation Place it in historical context Understand how it relates to other books in the Bible Unravel the details of the apostle John's life and world Choose a perspective for understanding See the grander scheme of things Complete with lists of the ten most commonly asked questions about end times and the ten rules of thumb for interpreting scripture, **The Book of Revelation For Dummies** will help you understand and decode one of the most perplexing books in the Bible!

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