

At a Journal Workshop:
The Basic Text and
Guide for Using the
Intensive Journal

Progoff, Ira

Note: This is not the actual book cover

Intensive Journal Workshop

Jennifer A. Moon



Intensive Journal Workshop:

Life-study Ira Progoff,1983 **The Practice of Process Meditation** Ira Progoff,1980 **At a Journal Workshop** Ira Progoff,1982 **At a Journal Workshop** Ira Progoff,1992-05-01 What would you like your life to be Ira Progoff's Intensive Journal Process combines one of the oldest methods of self exploration and expression keeping a journal with a structured format that enables you to get to know the inner core of your life on ever deeper levels and gain a fuller perspective on where you are The Intensive Journal Process also empowers you to take the action necessary to change the course of your life and unlock your hidden creative potential This rich insightful work is a treasure for all those involved in self inquiry artistic creation and spiritual renewal **At a Journal Workshop : the Basic Text and Guide for Using the Intensive Journal** Ira Progoff,1975 Yoga Journal ,1979-11 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 **Learning Journals** Jennifer A. Moon,2019-04-30 Fully updated with important new theory and practical material this second edition of Learning Journals offers guidance on keeping and using journals and gives step by step advice on integrating journal writing on taught courses in training and professional development and in supporting personal development planning PDP activities Key topics covered include the nature of learning journals and how we learn from them the broad range of uses of learning journals including portfolios and personal and professional development the depth and quality of reflection in learning journals the assessment of learning journals and reflective writing the use of narrative and story telling techniques in journals With useful exercises and activities that enhance learning journal work in a structured manner Learning Journals is invaluable reading for teachers and students in higher education for all professionals particularly those working in the health services and business and training and for all those who want to learn more about keeping a fulfilling personal journal Contemplative Qualitative Inquiry Valerie J Janesick,2016-07 Valerie J Janesick describes how qualitative inquiry can be informed and improved through an understanding of Zen principles and practices **Synergist** ,1981 The Spiritual Journey of a Misfit Francis Dorff, O. Praem.,2016-03-03 As someone who has been guiding people through the catacombs of their own lives for decades Francis Dorff O Praem is uniquely qualified to tell stories that evoke personal experiences of the treasures residing within each of us Readers may recognize their own lives reflected in his description of being a stranger in a strange land wondering where to turn when a door to one's promised land closes in one's face exploring intimations of a Loving Mystery beneath the surface of all of life embracing parts of our life that we have been neglecting and creatively getting to know our own deepest self This book will encourage those of us who are yearning to live more peacefully with others to see how we can meditatively journey together to the underground place within us that is deeper than all our differences Those who are feeling stuck may find

some help in Fr Dorff's insight into how widening the scope of my attentiveness has a lot to do with my being able eventually to take a creative next step And everyone can be inspired by the author's experiment with loving and how many different forms this loving can take over the course of a long rich life Here is a personal invitation to learn how to live with the ongoing tensions between solitude and community meditation and ministry getting it all together and letting it all fall apart as well as being a misfit and a mystic on a deeply personal pilgrimage What You Really Want, Wants You Toni LaMotta, 2007-12 Following the principles put forth in this book will help us all to become the universal humans we were born to be It's a step towards the conscious evolution of our planet I endorse this work fully Barbara Marx Hubbard president Foundation for Conscious Evolution Success gurus recommend setting goals Ancient spiritual teachings suggest living in the now and allowing things to happen rather than making things happen What You REALLY Want Wants You reveals the secret that's been missing for all those people whose hopeful positive thinking didn't make them rich or bring them unending contentment and joy Dr Toni LaMotta takes the focus off achievement and turns it to the significance of your life as a whole allowing you to experience the true essence of your desires By focusing on The Divine Dozen twelve innate qualities you already possess Dr LaMotta shows you how to identify and focus on what you really want and explains why the things you think are your current goals are only distracting symbols of what you actually seek With her Spiritual System for Success you will discover the immense power within you learn how to access it and use it to embark on a genuinely fulfilling meaningful journey When you enjoy greater abundance in all areas of life then you know true significance By focusing on the divine infinite qualities you already possess you can obtain more than you ever thought possible you can get what you really want **Inner Dialogue In Daily Life** Charles Eigen, 2014-03-21 Connecting to our inner lives using inner dialogue can foster self development healing and growth With contributions from experts in their fields this unique book looks in depth at ten major contemporary psychotherapeutic approaches demonstrating how they work and how therapists have used them for personal and professional development Voice of Her Own Marlene A. Schiwy, 1996-05-27 As writers such as Virginia Woolf Audre Lorde and Anais Nin recognized keeping a journal is a powerful tool of creative expression and self healing In A Voice of Her Own a companion for both new and longtime diarists Marlene Schiwy shows that journal writing is the ideal way to find one's individual voice an opportunity for women to explore feelings intuitions perceptions and ideas often suppressed in our society and to record the truths of their own experience Schiwy invites readers to share the journeys other women have made toward selfhood and encourages them to begin a journey of their own She weaves together passages from published and unpublished journals from works of literature psychology and women's studies with her personal insights A Voice of Her Own is a treasure chest of inspiration for every woman seeking deeper self awareness and new outlets for creativity **Work For A Living Still Be Free To Live- Revised for the New Millenium! (Paperback)** Eileen McDargh, CSP, CPAE, In Favor of the Sensitive Man Anaïs Nin, 2012-11-09 Essays lectures and interviews on everything from gender relations to Ingmar

Bergman to adventure travel from the renowned diarist In this collection the author known for one of the most remarkable diaries in the history of letters shares her unique perceptions of people places and the arts Los Angeles Times In the opening group of essays Women and Men Ana s Nin provides the kind of sensitive insights into the feminine psyche and relations between the sexes that are a hallmark of her work In Writing Music and Films she speaks as an artist and critic in book and film reviews an essay on the composer Edgard Var se a lecture on Ingmar Bergman and the story of her printing press In the final section Enchanted Places Nin records her travels to such destinations as Fez and Agadir in Morocco Bali the New Hebrides and New Caledonia and she concludes with a charming vignette titled My Turkish Grandmother **The Artist's**

Quest of Inspiration Peggy Hadden,2004-07-01 Updated to inspire a new generation of visual artists in their quest for creative growth this book shows artists how they can experience a new awakening of creativity and add fresh meaning to their work by using simple techniques found in this inspirational guide A working artist who has coped successfully with the daily challenge of facing a blank canvas shares her methods for overcoming creative blocks Allworth Press an imprint of Skyhorse Publishing publishes a broad range of books on the visual and performing arts with emphasis on the business of art Our titles cover subjects such as graphic design theater branding fine art photography interior design writing acting film how to start careers business and legal forms business practices and more While we don t aspire to publish a New York Times bestseller or a national bestseller we are deeply committed to quality books that help creative professionals succeed and thrive We often publish in areas overlooked by other publishers and welcome the author whose expertise can help our audience of readers **Curriculum Trends** Valerie J. Janesick,2003-09-05 Curriculum Trends is an authoritative

exploration of curriculum history in America and the theory and foundations currently influencing school practices for pre K through 12th grade Curriculum Trends A Reference Handbook presents the most expansive up to date survey of curriculum development in the United States ranging from its history and the origins of the cry for higher standards to societal influences on schools and the legal challenges they face today Supported by examples illustrating both successful and failed school reforms critical developments of the past 25 years and their impacts including the rise of charter schools home schooling the standards movement high stakes testing and authentic assessment are carefully analyzed The first work to examine ethical concerns with multicultural and multilingual students also addresses professionalism in teaching and teacher education **Networking, the First Report and Directory** Jessica Lipnack,Jeffrey Stamps,1982 **Teachers**

Investigate Their Work Allan Feldman,Herbert Altrichter,Peter Posch,Bridget Somekh,2018-04-26 Now in its third edition Teachers Investigate Their Work introduces both the theoretical concepts and the practical methods necessary for readers wishing to develop their action research Drawing from studies carried out by teachers and other professionals as well as from the authors own international practical experience the book provides detail on multiple educational contexts from primary education to university training and beyond It contains over 50 practical methods and strategies to put into action

and explores key areas such as the purpose roots and varieties of action research collaborating with a critical friend research participants or your peers choosing a data collection method observing and documenting situations making sense of your data action research for professional development This key text also provides crucial tools such as a simple quick start nine step guide a toolbox for producing written reports a criteria for guiding the quality of action research A concise yet thorough introduction to action research Teachers Investigate Their Work is an essential practical and easily accessible handbook for teachers senior staff and researchers who want to engage in innovation and improve their practice Simply Soulstirring Francis Dorff,1998 A simple practical primer on the process the character and the practice of meditative writing as a way of living more soulfully For anyone interested in creative writing self discovery and personal and spiritual renewal

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