

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

LP Steffe



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 *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

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