

RICHARD H H JOHNSTON

Introducing Christian Mindfulness

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Introducing Christian Mindfulness

Dr. Regina Chow Trammel, John Trent



Introducing Christian Mindfulness:

Introducing Christianity Michael Keene, 1998-01-01 **Christian Mindfulness** Peter Tyler, 2018-09-28 Many Christian commentators have been taken aback by the seemingly unstoppable rise of the mindfulness revolution that has occurred over the past decade But there are many Christians who worry that mindfulness techniques constitute a covert import from Buddhism How far are Christians adopting Buddhist techniques ideas and ideologies Do we risk squaring Buddhist ideology and approaches to fit the Christian circle Beginning with an exploration of the practice of mindfulness in its Buddhist origins Peter Tyler reflects on the practical use of mindfulness its place within the Christian tradition of prayer and its future within the Christian tradition Tyler argues that far from a foreign import mindfulness is not only endemic but essential to the Christian understanding of how the human person relates to the divine Each chapter concludes with practical exercises to help the reader in their understanding of mindfulness in the Christian context [Introduction to Spirituality and Mindfulness: A Beginner's Guide to Inner Peace and Self-Discovery](#) Andrea Febrian, 2024-07-06 Are you feeling overwhelmed by the chaos of modern life Do you long for a sense of inner peace and deeper understanding of yourself and the world around you *Introduction to Spirituality and Mindfulness A Beginner's Guide to Inner Peace and Self-Discovery* is your compassionate companion on a transformative journey to a more balanced fulfilling life In a world of constant distraction and stress this book offers a beacon of calm Whether you're a curious newcomer to spirituality or someone looking to deepen your existing practice this guide provides the perfect starting point With clear accessible language and practical exercises it demystifies ancient wisdom and cutting edge mindfulness techniques making them relevant and applicable to your daily life Embark on a voyage of self discovery as you explore The foundations of spirituality and mindfulness explained in simple terms Powerful meditation techniques to quiet your mind and reduce anxiety Practical mindfulness exercises you can incorporate into your busy schedule The science behind mindfulness and its effects on mental health and well being Strategies for cultivating compassion and improving your relationships Tools for finding your life's purpose and aligning with your true values Techniques for managing stress and building resilience in challenging times But this book is more than just a collection of techniques It's an invitation to transform your life from the inside out As you progress through the chapters you'll gain insights into The nature of consciousness and your place in the interconnected web of life How to transcend limiting beliefs and tap into your inner wisdom The power of gratitude and how it can reshape your entire worldview Ethical living in a complex world and making decisions aligned with your highest self Balancing material success with spiritual growth What sets this book apart is its holistic approach Drawing from both timeless spiritual traditions and cutting edge scientific research it offers a well rounded perspective that speaks to both the heart and the mind You'll find a perfect blend of theory and practice allowing you to not just understand concepts intellectually but to experience them directly Each chapter builds upon the last taking you on a carefully crafted journey of awakening You'll start with basic mindfulness

practices and gradually explore more advanced spiritual concepts Along the way you ll find Real life examples and case studies that illustrate key concepts Reflective exercises to deepen your understanding and personal growth Practical tips for overcoming common obstacles in your spiritual practice Guidance on how to integrate these teachings into your relationships career and daily routines This book doesn t shy away from addressing the challenges you might face on your spiritual journey It offers compassionate guidance on Dealing with doubt and skepticism Navigating spiritual emergencies and intense experiences Avoiding common pitfalls like spiritual bypassing and toxic positivity Balancing openness with critical thinking in your exploration As you near the end of the book you ll discover how to sustain your practice and continue growing You ll learn about Creating personalized rituals and ceremonies Finding or building a supportive spiritual community Navigating the evolving landscape of spirituality in the digital age Resources for further study and deepening your practice Introduction to Spirituality and Mindfulness is more than just a book it s a doorway to a new way of being By the time you turn the last page you ll have a robust toolkit for cultivating inner peace managing stress and living with greater purpose and joy Are you ready to embark on this life changing journey To discover a sense of peace you never thought possible To unlock the vast potential within you Your path to inner peace and self discovery starts here Don t wait for the perfect time to begin your spiritual journey that time is now Open this book and take the first step towards a more mindful fulfilling life Whether you re seeking relief from anxiety looking to deepen your relationships or simply curious about the nature of existence this book has something profound to offer you It s time to quiet the noise of the outside world and listen to the wisdom within Begin your transformative journey today Your future self will thank you

Mindfulness Techniques and Practices in Islamic Psychotherapy Nazila Isgandarova,2024-12-23 *Mindfulness Techniques and Practices in Islamic Psychotherapy* is a guide for Muslim spiritual care providers psychologists psychiatrists psychotherapists and others who use spiritual and religious concepts values and rituals as novel interventions to offer culturally appropriate mental health services Chapters lay out the practice of muraqabah as a strategy for addressing mental and emotional disturbances such as depression anxiety personality disorders attention deficit disorders and more Using hermeneutical data *Mindfulness Techniques and Practices in Islamic Psychotherapy* presents the processes and ethics of the muraqabah technique in Islamic spiritual care and psychotherapy

A to Z of Mindfulness for Christians David Alan Harper,2023-06-30 *An A to Z of Mindfulness for Christians* is geared to help Christians live in the now the present the presence of God by encouraging them to explore mindfulness Studies show that mindfulness benefits not only people with depression anxiety and pain it also benefits those who do not live with such conditions but who would like nonetheless to have greater well being in their lives Drawing from personal experience and the experience of others David Harper shows how mindfulness can make a positive impact on well being and therefore on faith and spirituality while countering some of the myths about mindfulness Divided into 52 themes and spanning the alphabet *An A to Z of Mindfulness for Christians* explores aspects of mindfulness and how they relate to being a

Christian Each letter represents two relevant themes from Awake and Attitude to Body and Breath to Zest and Zacchaeus and each theme is informative encouraging and overlaps with spirituality faith and mindfulness *Being Mindful, Being Christian* Joanna Collicutt, Roger Bretherton, Jennifer Brickman, 2016-11-18 Given the rapid spread of mindfulness programmes for issues as wide ranging as depression pain employee engagement and character development this book is aimed at the numerous Christians who are wondering what to make of all this Ultimately it will allow questioning Christians to get to grips with mindfulness in a way that is both discerning and sympathetic By offering background information about being mindful the book will allow readers to disconnect mindfulness from the background of Buddhism in which it is frequently framed This then allows them to decide the extent to which they wish to learn and practice mindfulness without feeling the need to embrace Eastern philosophy in its entirety In addition by profiling the rich Christian tradition of mindful like practice it offers a distinctively Jesus centred approach to non judgemental awareness and then applies this beneficially to many different areas of faith On putting the book down the reader will be encouraged not to be fearful of the widespread teaching of mindfulness emboldened to discern the point at which they politely part company with Eastern meditative practices and equipped to use all that is good in the practice of mindfulness to develop their relationship with Jesus and with others [Right Here Right Now](#) Amy G. Oden, 2017-08-01 Christians have always practiced mindfulness Yet from the popular landscape of mindfulness movement you d never know that Where is the Christian voice in this fast growing movement Many Christians practice mindfulness outside of church and believe it does not belong to our faith tradition This book reveals the Christian roots of mindfulness and the actual practices that when reclaimed deepen the life of faith and the power of our mission of love in the world When we understand how radical it is to live in God s presence right here right now our lives are transformed toward mercy justice and abundant life Amy Oden shows how the practice of Christian mindfulness begins with the teachings of Jesus and continues throughout Christian history It also includes step by step instructions for the practice of Christian mindfulness today Pastors and leaders will find this book useful on the ground as they curate current culture and guide Christians in spiritual practices this is the best introduction to Christian mindfulness I have read Shaun Lambert Senior Minister of Stanmore Baptist Church United Kingdom Amy Oden knows the history of Christian spirituality as well as anyone and she helps us see what might seem surprising to many that mindfulness has deep roots in the Christian tradition The wisdom she shares in this clear winsome book has already deepened my own life of prayer I know this book will bear fruit in classrooms and congregations as readers heed its call to stop and pay prayerful attention to what God is doing right here right now L Roger Owens Associate Professor of Christian Spirituality and Ministry Pittsburgh Theological Seminary Pittsburgh PA Oden deftly lifts up a clear template for what lies at the core of all spiritual practice mindfulness a simple awareness within ordinary life of divine presence here and now Unlike many generic practices of mindfulness now popular in business education and the fitness industry Oden underscores that Christian mindfulness is not

an end in itself but an awareness that turns us toward God Amy's words become a litany of invitation into the posture of open hearted presence to the Presence right here right now from the foreword Marjorie J Thompson author of *Soul Feast An Invitation to the Christian Spiritual Life* former Director of Pathways in Congregational Spirituality with Upper Room Ministries and an ordained minister in the Presbyterian church USA

A Counselor's Guide to Christian Mindfulness Dr. Regina Chow Trammel, John Trent, 2021-09-14 Equips Christian counselors and therapists to confidently use mindfulness techniques with their clients in a way that is both practical and biblical Accessing mindfulness is a therapeutic touchstone for a range of emotional issues from mild distress to the treatment of trauma but the term mindfulness has often left Christians wary Stripped of Christlike spirituality it sounds self focused at best and at worst like a fusion with modern pop religions of the day But the quality of mindfulness of being fully present aware of ourselves and our situation so that we can better respond to the chaos around us is a profoundly biblical concept And it can be used effectively by Christian counselors and healing practitioners In *A Counselor's Guide to Christian Mindfulness* Regina Chow Trammel a clinical social worker and John Trent a marriage and family therapist team up to offer training in mindfulness skills used in evidence based practices such as dialectical behavioral therapy acceptance and commitment therapy and mindfulness based cognitive therapy These therapies have been shown to be highly effective in the treatment of many mental health issues blending elements of neuroscience social science and religious training This book is the ideal resource to equip those in the helping professions to faithfully use mindfulness interventions both professionally and personally and includes A historical and theoretical overview of Christian mindfulness and how it contrasts with other mindfulness based practices A practical guide for how to use mindfulness skills in counseling and therapeutic practice A section addressing specific challenges or situations that your clients face Dialogue scripts and contemplation exercises to adapt for your own work The practice of Christian mindfulness can be effective in helping clients manage their intrusive and stressful thoughts emotions relationships and challenges This book fills a gap for Christian counselors and therapists who are eager for a resource that teaches mindfulness skills from a Christian and biblical perspective

Christfulness. An introduction Ole Skjerbæk Madsen, **How to be a Mindful Christian** Welch Sally, 2016-02-04 This introduction to Christian mindfulness offers an explanation of contemporary mindfulness combined with a guide to mindfulness as a way of Christian living Over forty days examples of mindfulness in the Old and New Testaments are examined followed by practical exercises for incorporating mindfulness into everyday life

Introduction to Buddhist Meditation Sarah Shaw, 2024-04-30 This lively introduction to Buddhist meditation offers students and practitioners alike a deeper understanding of what meditation is and its purpose and place in the context of different Buddhist schools The historical background and geographical spread of Buddhist meditation is explored alongside an examination of the development of meditative practices Chapters cover basic meditative practice types of meditation meditation in different regions meditation and doctrine and the role of chanting within meditation Although not a practical

guide Introduction to Buddhist Meditation outlines the procedures associated with Buddhist practices and suggests appropriate activities useful both for students and interested Buddhists Vivid quotations from Buddhist texts and carefully selected photographs and diagrams help the reader engage fully with this fascinating subject Thoroughly revised throughout this new edition also features a glossary and key making it ideal reading for students approaching the topic of Buddhist meditation for the first time

An Introduction to Christian Worldview Tawa J. Anderson, W. Michael Clark, David K. Naugle, 2017-10-10 Why do worldviews matter What characterizes a Christian worldview Part of being a thoughtful Christian means being able to understand and express the Christian worldview as well as developing an awareness of the variety of worldviews Well organized clearly written and featuring aids for learning this is the essential text for either the classroom or for self study

Christian Meditation for Beginners Thomas Zanzig, 1996 The older teens in your parish want a youth ministry program that exposes them to relevant real world topics in an active engaging way Horizons is an innovative comprehensive approach to religious education Its foundation is teacher led creative learning strategies that give students ample opportunities for discussion reflection and fun Designed for grades 9 12 Horizons utilizes a module system so that you can combine courses and topics to meet the specific needs of your parish Seven core courses set the stage for discussing central and foundational themes Then choose from a wide selection of age appropriate minicourses to round out your curriculum and craft summer courses retreats and youth group activities The Youth Ministry Strategies component features more than 65 creative youth activities to complement the Horizons curriculum And on top of all that Horizons includes outstanding training resources You ll be able to create the most engaging and relevant youth ministry program for senior high that is available anywhere

Using Christian Contemplative Practice with Children Sonia Mainstone-Cotton, 2019-08-21 How stillness mindfulness and other contemplative practices can be used with children in worship Looking at the benefits this can offer for a child s wellbeing and ability to reflect on their own beliefs this guide is full of ideas and practical examples on how to introduce a more reflective approach to children s work in Christian settings

Secular Monasticism Jane Fitz-Gibbon, Andrew Fitz-Gibbon, 2012-09 Like an underground river the monastic tradition keeps on resurging in a host of unexpected times and places Secular Monasticism A Journey describes one of its most recent incarnations The founders and members of the Lindisfarne Community share with us their bold attempt to be a secular monastic religious order open to the exigencies of the contemporary world Age old wisdom once again reveals its perennial relevance in helping us learn how to be followers of Christ in God s today Brother John Taiz In the first five pages I thought of ten people I know who should read this book young people old people all people tired of taken for granted spirituality Devour this book Let it help you dream up a way of joining or creating a micro community of prayer and action that frees you to experiment in following the ways of Christ That s what these folks have done This story helps us imagine ourselves out of the boxes and buildings Christianity has become The Rev Dr Dori Baker Scholar in Residence The Fund for Theological

Education Lindisfarne Community has graciously accepted God's call to dance with the radical and sometimes wearying changes of our time Like the Celts they find meaning in their ongoing spiritual evolution through poetry and story through a willingness to navigate the waters of the soul while remaining fiercely loyal to the good earth that bore us and nurtures us Like the Celts this family of secular monastics hungers more for mystical union with the Divine Mystery than for any trappings of earthly renown or success Carl McColman author and blogger from the foreword *Faith-Based ACT for Christian Clients* Joshua J. Knabb, 2016-03-10 Faith Based ACT for Christian Clients balances empirical evidence with theology to give clinicians a deep understanding of not just the why but also the how of Acceptance and Commitment Therapy for Christian clients Chapters include a detailed exploration of the overlap between ACT and the Christian faith case studies and techniques that are explicitly designed to be accessible to non Christian as well as Christian including evangelical Christian counselors and therapists Chapters present the established research on mindfulness and ACT including a nuanced non dichotomous view of complex issues such as medication and lay a firm theological foundation through the use of engaging biblical stories and metaphors *Meditation in Christianity* Swami Rama, 1983 A collection of essays providing seven insightful perspectives on meditation in Christianity *Mindful Education* Charlene Tan, 2021-06-30 This book provides original ideas and practical recommendations for educators in a post pandemic world We live in a world that has been upended by the COVID 19 pandemic Students around the globe have been besieged by disruptions that threaten not only their academic learning but also their mental emotional and interpersonal well being In the midst of pressing and mounting challenges how can schools ensure the total wellness of all their students Beyond reactive piecemeal and short term measures how can schools enact mindful education that pays attention to wholeness in every student Extending the current research on well being and mindfulness this book draws insights from Confucian and Christian traditions These two traditions have been selected as they are widely seen to represent and have impacted Eastern and Western civilisations respectively for millennia Informed and inspired by Confucian and Christian perspectives this book proposes that mindfulness is an orientation towards wholeness where one experiences the harmony and shalom peace Mindful education is realised through A school community of renewed humanity and agape love A transforming curriculum that centres on dao way and imago dei god's image Empathic teachers who are motivated by shu putting oneself in the other's place and the Golden Rule do to others as you would have them do to you and Self directed learners who develop themselves through xiuji self cultivation and spiritual disciplines Applying ancient wisdom to contemporary settings this book on promoting student well being through mindful education is a useful resource for policymakers educators researchers and general readers Object Relations, Buddhism, and Relationality in Womanist Practical Theology Pamela Ayo Yetunde, 2018-07-28 This book establishes how Buddhism in the Insight Meditation tradition supports remarkable relational resilience for women who are of African descent and same sex loving yet living in a society that often invalidates women African Americans LGBTQ people

and non Christians Pamela Ayo Yetunde explores the psycho sexual experiences of African American Buddhist lesbians and shows that their abilities to be in healthy relationships are made possible through their Buddhist practices and communities even in the face of invisibilizing forces related to racial gender sexuality and religious discrimination and oppression An Introduction to Religious and Spiritual Experience Marianne Rankin, 2008-12-10 This comprehensive new introduction looks at spiritual experiences from past to present from the experiences of the founders of the major world religious traditions to events in the lives of ordinary people today Mystical and Near Death Experiences are included Examples are drawn from a variety of sources including original accounts from the Alister Hardy Religious Experience Research Centre Archive at the University of Wales Lampeter as well as many given to the author in person Interpretations of these experiences follow from religious philosophical and scientific viewpoints Various questions are considered Is there a common core to spiritual experience Do these experiences offer proof of the existence of God or of the possibility of survival of death This fascinating work concludes with an evaluation of what can be learned about consciousness religion and what it is to be human

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Introducing Christian Mindfulness Introduction

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