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—Candida Moss, author of *Secrets of the Church and Invention of the Spirit*



Broken Open

How Difficult Times
Can Help Us Grow



Elizabeth Lesser

*Author of *The Seeker's Guide**

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Broken Open By Elizabeth Lesser:

Broken Open Elizabeth Lesser, 2008-10-30 NEW YORK TIMES BESTSELLER This inspiring guide to healing and growth illuminates the richness and potential of every life even in the face of loss and adversity now updated with additional toolbox materials and a new preface by the author In the more than twenty five years since she co founded Omega Institute now the world s largest center for spiritual retreat and personal growth Elizabeth Lesser has been an intimate witness to the ways in which people weather change and transition In a beautifully crafted blend of moving stories humorous insights practical guidance and personal memoir she offers tools to help us make the choice we all face in times of challenge Will we be broken down and defeated or broken open and transformed Lesser shares tales of ordinary people who have risen from the ashes of illness divorce loss of a job or a loved one stronger wiser and more in touch with their purpose and passion And she draws on the world s great spiritual and psychological traditions to support us as we too learn to break open and blossom into who we were meant to be

Summary of Elizabeth Lesser's Broken Open Everest Media, 2022-04-03T22:59:00Z Please note This is a companion version not the original book Sample Book Insights 1 The soul is the river of energy that underlies the activity of all life It is real and it lives on after our bodies die If you are in the habit of negating the longings of your soul or if the idea of having a soul makes you nervous then consider Rumi s advice When you do something from your soul you feel a river moving in you 2 The stories in this part of the book are about what it takes to listen to and respond to the call of your soul If you regularly paint or sing or write poetry or listen to uplifting music or if you meditate and pray you know what it feels like when your soul and you are in contact 3 When Route 25 leaves the mountains of northern New Mexico the city of Albuquerque suddenly appears like a mirage I had never visited Albuquerque and I went looking for a psychic 4 The Road of Truth was the home of The Mouthpiece of Spirit The psychic there had the most hair I had ever seen She had a dusky voice and a regional twang She reminded me of Mae West I was afraid to ask her for life direction because I knew that I would not be able to solve my problem using the same mixed up thinking that got me into it in the first place *Marrow* Elizabeth Lesser, 2016-09-20 The author of the New York Times bestseller *Broken Open* returns with a visceral and profound memoir of two sisters who in the face of a bone marrow transplant one the donor and one the recipient begin a quest for acceptance authenticity and most of all love A mesmerizing and courageous memoir the story of two sisters uncovering the depth of their love through the life and death experience of a bone marrow transplant Throughout her life Elizabeth Lesser has sought understanding about what it means to be true to oneself and at the same time truly connected to the ones we love But when her sister Maggie needs a bone marrow transplant to save her life and Lesser learns that she is the perfect match she faces a far more immediate and complex question about what it really means to love honestly generously and authentically Hoping to give Maggie the best chance possible for a successful transplant the sisters dig deep into the marrow of their relationship to clear a path to unconditional acceptance They leave the bone marrow transplant up to the doctors but take on what Lesser

calls a soul marrow transplant examining their family history having difficult conversations examining old assumptions and offering forgiveness until all that is left is love for each other's true selves Their process before during and after the transplant encourages them to take risks of authenticity in other aspects their lives But life does not follow the storylines we plan for it Maggie's body is ultimately too weak to fight the relentless illness As she and Lesser prepare for the inevitable they grow ever closer as their shared blood cells become a symbol of the enduring bond they share Told with suspense and humor Marrow is joyous and heartbreaking incandescent and profound The story reveals how even our most difficult experiences can offer unexpected spiritual growth Reflecting on the multifaceted nature of love love of other love of self love of the world Marrow is an unflinching and beautiful memoir about getting to the very center of ourselves

The Wisdom of Sundays Oprah Winfrey, 2017-10-17 A gorgeous lavishly designed and beautifully photographed book The Wisdom of Sundays includes Oprah's reflections on her own spiritual journey and showcases the aha moments and gems of insight the inspiring spiritual leaders who have been featured on Super Soul Sunday have shared with her

Radical Welcome Stephanie Spellers, 2021-11-16 For the fifteenth anniversary of its publication this revised edition features a new introduction from the author on the state of the church and its radical welcome today along with new reflections on how it continues to reshape the church This book is at once a theological inspirational and practical guide for congregations that want to move beyond diversity and inclusion to present a vision for the church of the future one where the gifts voices and power of marginalized groups bring new life to the mainline church Based on two years of work and over 200 interviews with people in congregations all around the United States in urban suburban and rural settings it asks the question How do we face our fears and welcome transformation in order to become God's radically welcoming people Each chapter introduces a particular congregation and the challenges it faced and lays out the theological underpinnings of tackling fears head on to embrace change as a welcome part of community life This new edition features essays from Michael B Curry Mark Bozzuti Jones Jennifer Baskerville Burrows and Mark Richardson

You Are How You Lead Rita Cincotta, 2023-10-25 Leaders are measured by how well they lead The best lead with intention with deliberate actions that create a lasting positive impact In this practical and powerful book Rita Cincotta teaches that coaching is essential to the deliberate leader's toolkit And who better to appreciate the value of this approach than Dr Marshall Goldsmith the Thinkers50 1 Executive Coach and New York Times bestselling author of *The Earned Life* *Triggers* and *What Got You Here Won't Get You There* After reading Rita's book he wrote *You Are How You Lead* provides a powerful and compelling roadmap for becoming a deliberate leader Rita's emphasis on coaching as a key leadership practice resonates deeply with my own coaching philosophy Leaders who choose to be deliberate in their approach invest in their teams and build strong connections can achieve exceptional results This book is a valuable guide for anyone seeking to lead with purpose create lasting connections and drive sustainable success So what are you waiting for

It's Great to Suck at Something Karen Rinaldi, 2019-05-07 Discover how the freedom of sucking at

something can help you build resilience embrace imperfection and find joy in the pursuit rather than the goal What if the secret to resilience and joy is the one thing we've been taught to avoid When was the last time you tried something new Something that won't make you more productive make you more money or check anything off your to do list Something you're really really bad at but that brought you joy Odds are not recently As a shitty surfer and all around imperfect human Karen Rinaldi explains in this eye opening book we live in a time of aspirational psychoses We humblebrag about how hard we work and we prioritize productivity over play Even kids don't play for the sake of playing anymore they're building blocks to build the ideal college application But we're all being had We're told to be the best or nothing at all We're trapped in an epic and farcical quest for perfection We judge others on stuff we can't even begin to master and it's all making us more anxious and depressed than ever Worse we're not improving on what really matters This book provides the antidote It's Great to Suck at Something reveals that the key to a richer more fulfilling life is finding something to suck at Drawing on her personal experience sucking at surfing a sport she's dedicated nearly two decades of her life to doing without ever coming close to getting good at it along with philosophy literature and the latest science Rinaldi explores sucking as a lost art we must reclaim for our health and our sanity and helps us find the way to our own riotous suck ability She draws from sources as diverse as Anthony Bourdain and surfing luminary Jaimal Yogis Thich Nhat Hanh and Jean Paul Sartre among many others and explains the marvelous things that happen to our mammalian brains when we try something new all to discover what she's learned firsthand it is great to suck at something Sucking at something rewires our brain in positive ways helps us cultivate grit and inspires us to find joy in the process without obsessing about the destination Ultimately it gives you freedom the freedom to suck without caring is revelatory Coupling honest hilarious storytelling with unexpected insights It's Great to Suck at Something is an invitation to embrace our shortcomings as the very best of who we are and to open ourselves up to adventure where we may not find what we thought we were looking for but something way more important *People*, 2009

Returning to My Mother's House Gail Straub, 2008 Gail Straub a leader in the human potential field had helped thousands around the world find meaning and purpose in their lives all the while sensing that something fundamental within her was missing Many years after the premature death of her mother she undertook a period of soul searching and came to believe that like her mother and so many women of our time she had overcorrected in the direction of the masculine her successful life of outer accomplishment and committed social activism having come at the expense of a rich and satisfying inner life Her search took her around the globe to Africa Bali Russia China and Ireland where she encountered the longing to retrieve sacred female wisdom among the women she met Finding her way back to her innate female wisdom restored a sense of balance between external and internal worlds activism and contemplation and public and private realms and gave her a sense of equanimity that had eluded her for decades Gail's poetic and heartfelt story is for anyone who has ever struggled to build and sustain an interior life in our driven and fast paced society and for mothers and daughters everywhere

The Publishers Weekly ,2009 **The Schepp Family Chronicles** Frances Schepp Ruh,2009 **The Seeker's Guide**

Elizabeth Lesser,2008-11-18 In 1977 Elizabeth Lesser cofounded the Omega Institute now America s largest adult education center focusing on wellness and spirituality Working with many of the eminent thinkers of our times including Zen masters rabbis Christian monks psychologists scientists and an array of noted American figures from L A Lakers coach Phil Jackson to author Maya Angelou Lesser found that by combining a variety of religious psychological and healing traditions each of us has the unique ability to satisfy our spiritual hunger In The Seeker s Guid she synthesizes the lessons learned from an immersion into the world s wisdom traditions and intertwines them with illuminating stories from her daily life Recounting her own trials and errors and offering meditative exercises she shows the reader how to create a personal practice gauge one s progress and choose effective spiritual teachers and habits Warm accessible and wise this book provides directions through the four landscapes of the spiritual journey THE MIND learning meditation to ease stress and anxiety THE HEART dealing with grief loss and pain opening the heart and becoming fully alive THE BODY returning the body to the spiritual fold to heal and overcome the fear of aging and death THE SOUL experiencing daily life as an adventure of meaning and mystery

Digital Talking Books Plus ,2011 **Quill & Quire** ,2009 *Parabola* ,1976 **Talking Book Topics** ,2010

Cassandra Speaks Elizabeth Lesser,2020-09-15 What story would Eve have told about picking the apple Why is Pandora blamed for opening the box And what about the fate of Cassandra who was blessed with knowing the future but cursed so that no one believed her What if women had been the storytellers Elizabeth Lesser believes that if women s voices had been equally heard and respected throughout history humankind would have followed different hero myths and guiding stories stories that value caretaking champion compassion and elevate communication over vengeance and violence Cassandra Speaks is about the stories we tell and how those stories become the culture It s about the stories we still blindly cling to and the ones that cling to us the origin tales the guiding myths the religious parables the literature and films and fairy tales passed down through the centuries about women and men power and war sex and love and the values we live by Stories written mostly by men with lessons and laws for all of humanity We have outgrown so many of them and still they endure This book is about what happens when women are the storytellers too when we speak from our authentic voices when we flex our values when we become protagonists in the tales we tell about what it means to be human Lesser has walked two main paths in her life the spiritual path and the feminist one paths that sometimes cross but sometimes feel at cross purposes Cassandra Speaks is her extraordinary merging of the two The bestselling author of Broken Open and Marrow Lesser is a beloved spiritual writer as well as a leading feminist thinker In this book she gives equal voice to the cool water of her meditative self and the fire of her feminist self With her trademark gifts of both humor and insight she offers a vision that transcends the either or ideologies on both sides of the gender debate Brilliantly structured into three distinct parts Part One explores how history is carried forward through the stories a culture tells and values and what we can do to balance the

scales Part Two looks at women and power and expands what it means to be courageous daring and strong And Part Three offers A Toolbox for Inner Strength Lesser argues that change in the culture starts with inner change and that no one woman or man is immune to the corrupting influence of power She provides inner tools to help us be both strong willed and kind hearted Cassandra Speaks is a beautifully balanced synthesis of storytelling memoir and cultural observation Women men and all people will find themselves in the pages of this book and will come away strengthened opened and ready to work together to create a better world for all people *Education at Iowa* ,2002 **Vanity Fair** ,2013-04 **The Courage Code** Jennifer Byron,Megan Raphael,2006-03 Inspirational stories of courage based on interviews with a cross section of 44 women of different ages ethnicity sexual orientation and geographical areas

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