

# Climbing The Blue Mountain A Guide For The Spiritual Journey

## Climbing The Blue Mountain A Guide For The Spiritual Journey Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the energy of words has been evident than ever. They have the ability to inspire, provoke, and ignite change. Such may be the essence of the book **Climbing The Blue Mountain A Guide For The Spiritual Journey**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

*48 Peaks* Cheryl Suchors 2018-09-11 Floundering in her second career, the one she's always wanted, forty-eight year old Cheryl Suchors resolves that, despite a fear of heights, her mid-life success depends on hiking the highest of the grueling White Mountains in New Hampshire. All forty-eight of them. She endures injuries, novice mistakes, and the heartbreaking loss of a best friend. When breast cancer threatens her own life, she seeks solace and recovery in the wild. Her quest takes ten years. Regardless of the need since childhood to feel successful and in control, climbing teaches her mastery isn't enough and control is often an illusion. Connecting with friends and with nature, Suchors redefines success: she discovers a source of spiritual nourishment, spaces powerful enough to absorb her grief, and joy in the persistence of love and beauty. *48 Peaks* inspires us to believe that, no matter what obstacles we face, we too can attain our summits.

[Climbing the Blue Mountain](#) Eknath Easwaran 2022-01-04 Sixteen lively essays illuminate different aspects of the spiritual journey. The introduction presents the author as a "travel agent" on a journey to the spiritual world within us. The essays are metaphorical travel brochures, invitations to take the plunge into self-discovery through the adventure of meditation. Edited from his extemporaneous talks, this inspiring collection of essays gives the flavor of hearing this great spiritual teacher

and storyteller in person. Easwaran successfully combines his Eastern and Western wisdom, which includes a thorough knowledge of English literature, into an eight-point program usable by followers of all religious traditions.

**Measure of a Mountain** Bruce Barcott 2011-02-01 In *The Measure of a Mountain*, Seattle writer Bruce Barcott sets out to know Rainier. His method is exploratory, meandering, personal. He begins by encircling it, first by car then on foot. He finds that the mountain is a complex of moss-bearded hemlocks and old-growth firs, high meadows that blossom according to a precise natural timeclock, sheets of crumbling pumice, fractured glaciers, and unsteady magma. Its snow fields bristle with bug life, and its marmots chew rocks to keep their teeth from overgrowing. Rainier rumbles with seismic twitches and jerks—some one-hundred-thirty earthquakes annually. The nightmare among geologists is the unstoppable wall of mud that will come rolling down its slopes when a hunk of mountain falls off, as it does every half century (and we're fifty years overdue). Rainier is both an obsession and a temple that attracts its own passionate acolytes: scientists, priests, rangers, and mountain guides. Rainier is also a monument to death: every year someone manages just to disappear on its flanks; imperiled climbers and their rescuers perish on glaciers; a planeload of Marines remains lodged in ice since they crashed into the mountain in 1946. Referred to by locals as

simply "the mountain," it is the single largest feature of the Pacific Northwest landscape—provided it isn't hidden in clouds. Visible or not, though, it's presence is undeniable.

**Guide to ACA-Accredited Camps (1999 Edition)** American Camping Association 1999-03 This trusted resource covers 2,000-plus camps that have been accredited by the American Camping Association, helping find the best locations for the readers' interests, pocketbooks, and busy schedules. 30 photos. Map.

*The Power of Losing Control* Joe Caruso 2004-01-30 "When we learn to stop wasting our precious energy on what we can't control, we can begin to discover the power of losing control." At the age of eighteen, Joe Caruso was diagnosed with testicular cancer. Certain that he was living on borrowed time, he embarked on a quest to understand the meaning of life, which led to the discovery of timeless truths about our spiritual and emotional lives. In *The Power of Losing Control*, he shares the insights that helped him not only to survive, but also to become an internationally acclaimed speaker whose seminars have literally transformed people's lives. Caruso takes readers step-by-step through amazing techniques and strategies that show us how to stop wasting valuable time and energy, trust in something greater than ourselves, and embrace simple truths including: - The five stages of wisdom - Choosing faith over fear - How to find power in any situation, even if you don't have control over it - Being undeniable: How to create your own destiny - Personal driving myths: We are the stories we tell ourselves Filled with anecdotes and poignant real-life stories, *The Power of Losing Control* tells you how to reclaim personal power and gain worldly success—from one of the premier corporate teachers of our generation.

**My Christian Journey: In Places Lived** Marianne Dorman 2016-01-06 Over the years, people have commented, "Why don't you write about your life?" To write a chronological autobiography never appealed to me. Thus, I abandoned the idea until about five years ago when having morning tea with my Byzantium scholar-friend in Sydney. We were discussing some aspect of Classical Roman history when the subject of genius loci (spirit of the place) entered our conversation. On the bus

back to my flat in Lane Cove, this idea kept niggling at me. Perhaps, I could write about the places (loci) in which I have lived and the effect of these on my Christian journey, firstly as a child, then as a student, wife, mother, educator, writer, and an admirer of all that is beautiful, as expressed in most music, worship in the Eastern and some Western traditions, literature, painting, people, and the natural world. The result is this book, beginning in a small country town, Cowra, some three hundred kilometres south-west of Sydney, Australia, then to a smaller island, Great Britain, where I lived mainly in Oxford and ending on yet a smaller island in Puget Sound, Whidbey, close to the Canadian border. As well as being influenced by various places, so by people. These include Fr. John Hope of Christ Church St. Laurence, Sydney as a teenager and the Lady Margaret Professor in Oxford, Dr. Rowan Williams when I first arrived in this University City. Perhaps the person who influenced me mostly was not one I actually met in person but came to know through my research. He is the divine Lancelot Andrewes who has been part of my life for more years than I can remember and whose sermons and devotions are embedded in my being. In later years, I have been grateful to the renowned biblical scholar, Fr. Raymond Brown who gave me a fresh and scholarly understanding of the New Testament. Last but not least, has been the Franciscan, Fr. Richard Rohr who has taught me the necessity of non-dualistic consciousness for spiritual growth. As much as places and people have helped to shape me, none has more than the Potter and Pantocrator who has moulded and reshaped this lump of clay constantly in my Christian journey.

**Berita bulanan** 2002

**Spiritual Mountaineering** Jim Monsor 2021-11-10

**Climb Every Mountain** Trudy Cathy White 2019-02-12 If God had intended our days on earth to be easy, they would be. If God had intended our days on earth to be easy, they would be.

**Seeking the Beloved** Wayne Simsic 2012-04-01 Prayer is not just time set aside for God or the use of certain techniques—it is primarily an intimate relationship with God the Beloved. If we hunger for a prayer that is deeper than words and that we can bring to every part of our

lives, no matter what we are doing, then we can turn to St. John of the Cross as our guide. Retreat master and author Wayne Simsic insists that while it's easy to write off this saint as an otherworldly ascetic and mystic, he was actually a down-to-earth and wise administrator, poet, and artist whose writings have great relevance for us today. In this book, Simsic helps readers discover the gift of contemplative prayer as unfolded by this Carmelite saint, whose longing for a deep intimacy and union with God can become our longing as well.

**Backpacking with the Saints** Belden C. Lane 2014-11-12 Carrying only basic camping equipment and a collection of the world's great spiritual writings, Belden C. Lane embarks on solitary spiritual treks through the Ozarks and across the American Southwest. For companions, he has only such teachers as Rumi, John of the Cross, Hildegard of Bingen, Dag Hammarskjöld, and Thomas Merton, and as he walks, he engages their writings with the natural wonders he encounters--Bell Mountain Wilderness with Søren Kierkegaard, Moonshine Hollow with Thich Nhat Hanh--demonstrating how being alone in the wild opens a rare view onto one's interior landscape, and how the saints' writings reveal the divine in nature. The discipline of backpacking, Lane shows, is a metaphor for a spiritual journey. Just as the wilderness offered revelations to the early Desert Christians, backpacking hones crucial spiritual skills: paying attention, traveling light, practicing silence, and exercising wonder. Lane engages the practice not only with a wide range of spiritual writings--Celtic, Catholic, Protestant, Buddhist, Hindu, and Sufi Muslim--but with the fascination of other lovers of the backcountry, from John Muir and Ed Abbey to Bill Plotkin and Cheryl Strayed. In this intimate and down-to-earth narrative, backpacking is shown to be a spiritual practice that allows the discovery of God amidst the beauty and unexpected terrors of nature. Adoration, Lane suggests, is the most appropriate human response to what we cannot explain, but have nonetheless learned to love. An enchanting narrative for Christians of all denominations, *Backpacking with the Saints* is an inspiring exploration of how solitude, simplicity, and mindfulness are illuminated and encouraged by the discipline of backcountry wandering, and of how the wilderness itself

becomes a way of knowing--an ecology of the soul.

*Yoga Journal* 1988-03 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.

*Touching My Father's Soul* Jamling T. Norgay 2002-05-14 In a story of Everest unlike any told before, Jamling Tenzing Norgay gives us an insider's view of the Sherpa world. As Climbing Leader of the famed 1996 Everest IMAX expedition led by David Breashears, Jamling Norgay was able to follow in the footsteps of his legendary mountaineer father, Tenzing Norgay, who with Sir Edmund Hillary was the first to reach the summit of Mount Everest, in 1953. Jamling Norgay interweaves the story of his own ascent during the infamous May 1996 Mount Everest disaster with little-known stories from his father's historic climb and the spiritual life of the Sherpas, revealing a fascinating and profound world that few -- even many who have made it to the top -- have ever seen.

**Under a Blue Moon** Isabella S. Oehry 2015-10-16 In this extraordinary adventure, spiked with humor and insight, Isa Oehry documents a journey that began innocently under the golden light of a full moon. Mysteriously nourished, enriched, and highly energized by an unknown force under nothing but a moon surrounded by thousands of stars, she felt a prompting, inviting her to a destination yet unknown, to a hidden world concealing ancient wisdom. She spontaneously decided to set out to find it. Her search led her into a world where people, according to the laws of science, have no right to be alive. Her eyes were opened to previously unknown and what at first sight appear as unbelievable truths. Understandings about this earth, its people, animals and plants--the entire universe--suddenly no longer applied. Although it was Isa Oehry who was the one to walk this extraordinary journey and experience the adventures, the insights are meant for all of us. This true story inspires us to look beyond the obvious, and keep our minds and

hearts open for the unseen and previously unheard. It forever changes how we view the world we live in.

**The Map Is Not the Journey** Richard Dahlstorm 2017-11-14 Replace weariness with refreshment, obligations with passion, and staleness with joy. Twenty years of working the same job had created weariness. When a close friend died, weariness led to questions about faith, meaning, work, and life. Seeking answers, Richard hiked four hundred kilometers through the Alps in forty days. The profoundly shaping experiences in our lives are often born out of the mundane rather than the spectacular, yet there is also great value in stepping away from "normal" life for a period of time. This is especially true for developing companionship with God, which is less about prescribed practices imposed by religious institutions, and more about being open to what God has to reveal through the beauty of creation, the challenge of trials, and the joy of companions. Richard's experiences and discoveries illustrate that we were all created for beauty, and opening ourselves to it every day is vital to keeping our faith fresh and alive.

**Dead Lucky** Lincoln Hall 2008-05-15 Lincoln Hall's breathtaking account of surviving a night in Everest's "death zone." Lincoln Hall likes to say that on the evening of May 25, 2006, he died on Everest. Indeed, Hall attempted to climb the mountain during a deadly season in which eleven people perished. And he was, in fact, pronounced dead, after collapsing from altitude sickness. Two Sherpas spent hours trying to revive him, but as darkness fell, word came via radio from the expedition's leader that they should descend in order to save themselves. The news of Hall's death traveled rapidly from mountaineering websites to news media around the world, and ultimately to his family back in Australia. Early the next morning, however, an American guide, climbing with two clients and a Sherpa, was startled to find Hall sitting cross-legged on a sharp crest of the summit ridge. In this page-turning account of survival against all odds, Hall chronicles in fascinating detail the days and nights that led up to his fateful night in Mount Everest's "death zone." His story is all the more miraculous given his climbing history. Hall had been part of Australia's first attempt to reach the top of Everest

in 1984 but had not done any major climbing for many years, having set aside his passion in order to support his family. While others in the team achieved their dream during this 1984 expedition, Hall was forced to turn back due to illness. Thus, his triumph in reaching the summit at the age of fifty is a story unto itself. So, too, is Hall's description of his family's experience back in Australia, as sudden grief turned to relief and joy in a matter of hours. Rarely has there been such a thrilling narrative of one man's encounter with the world's tallest mountain.

*Arts & Humanities Citation Index* 1992 A multidisciplinary index covering the journal literature of the arts and humanities. It fully covers 1,144 of the world's leading arts and humanities journals, and it indexes individually selected, relevant items from over 6,800 major science and social science journals.

**The Call of Kilimanjaro** Jeff Belanger 2021-03-09 An honest and engaging account of one amateur hiker's journey to spiritual transformation as he climbs to the summit of Mount Kilimanjaro. After his brother-in-law Chris passed away, author Jeff Belanger made the decision to take the trip of a lifetime, both in honor of Chris and in pursuit of clarity about his own life and goals. The Call of Kilimanjaro is a day-by-day record of Belanger's ascent to the peak of Africa's highest mountain. By turns contemplative and irreverent, joyful and thoughtful, boyish and wise, this is a book for all ages - from 10 to 100 - and a memoir for armchair travelers with an interest in spirituality. By example, Belanger teaches us to take stock of our accomplishments, eye the lofty goals we've placed in front of ourselves, and push higher than we've ever dared, turning an honest eye toward past, present, and future, through the end of life and beyond.

**Paperbound Books in Print** 1992

**Climbing the Blue Mountain** Eknath Easwaran 2022-01-04 A master spiritual teacher invites us on a journey - to the summit of self-discovery. This is a book to lift the spirit of anyone aiming to live a kinder, calmer, more meaningful life, in the midst of all the challenges facing the world today. Fifteen warm, engaging essays present different aspects of meditation and the spiritual life, showing how we can rearrange our

lives, little by little, to fit a higher purpose. Featuring saints and mystics from East and West, and a host of stories and anecdotes, this book reads like a conversation with a wise friend, with deep spiritual insights that you'll want to come back to again and again. Easwaran writes, "When you travel within, every day is fresh with discoveries and challenges, inspiration and profound peace. The scenes I paint for you in the following pages are just a fleeting glimpse of the continuing adventure that awaits you as you enter this world." The final essay, "Climbing the Blue Mountain," which gives the book its title, is a moving account of the spiritual quest. Easwaran compares this with a long journey that he makes from the hot, dusty plains of Central India, up through jungle and plantations, to his home in the cool hills of the Blue Mountains, where his mother waits for him - reminding us that on the spiritual path, we too will one day find our true home.

Zen in the Art of Climbing Mountains Neville Shulman 1992

Library Journal 1992-07

American Book Publishing Record 1995

**Books in Print Supplement** 2002

**Forthcoming Books** Rose Arny 2004

*The Second Mountain* David Brooks 2020-05-26 #1 NEW YORK TIMES BESTSELLER • Everybody tells you to live for a cause larger than yourself, but how exactly do you do it? The author of *The Road to Character* explores what it takes to lead a meaningful life in a self-centered world. "Deeply moving, frequently eloquent and extraordinarily incisive."—The Washington Post Every so often, you meet people who radiate joy—who seem to know why they were put on this earth, who glow with a kind of inner light. Life, for these people, has often followed what we might think of as a two-mountain shape. They get out of school, they start a career, and they begin climbing the mountain they thought they were meant to climb. Their goals on this first mountain are the ones our culture endorses: to be a success, to make your mark, to experience personal happiness. But when they get to the top of that mountain, something happens. They look around and find the view . . . unsatisfying. They realize: This wasn't my mountain after all. There's another, bigger

mountain out there that is actually my mountain. And so they embark on a new journey. On the second mountain, life moves from self-centered to other-centered. They want the things that are truly worth wanting, not the things other people tell them to want. They embrace a life of interdependence, not independence. They surrender to a life of commitment. In *The Second Mountain*, David Brooks explores the four commitments that define a life of meaning and purpose: to a spouse and family, to a vocation, to a philosophy or faith, and to a community. Our personal fulfillment depends on how well we choose and execute these commitments. Brooks looks at a range of people who have lived joyous, committed lives, and who have embraced the necessity and beauty of dependence. He gathers their wisdom on how to choose a partner, how to pick a vocation, how to live out a philosophy, and how we can begin to integrate our commitments into one overriding purpose. In short, this book is meant to help us all lead more meaningful lives. But it's also a provocative social commentary. We live in a society, Brooks argues, that celebrates freedom, that tells us to be true to ourselves, at the expense of surrendering to a cause, rooting ourselves in a neighborhood, binding ourselves to others by social solidarity and love. We have taken individualism to the extreme—and in the process we have torn the social fabric in a thousand different ways. The path to repair is through making deeper commitments. In *The Second Mountain*, Brooks shows what can happen when we put commitment-making at the center of our lives.

**Guide to American Camping Association Accredited Camps, 1997-1998** American Camping Association 1997-12 There are approximately 8000 camps in the U.S., & this is the only complete listing of the 2,000 camps which have earned American Camping Association accreditation by meeting over 300 standards that apply to health, safety, program quality & operating practices. The Guide, published annually, features special indexes that allow a parent to find a camp by activity, special need, special group or location. The American Camping Association has been setting standards for camps since 1935 & has been accrediting camps since 1965. It is the recognized voice of camps in the United States. This directory will play a prominent part in an intensive

public relations campaign to promote the camping experience beginning in February 1997. The campaign includes a satellite media tour featuring members of RADD (Recording Artists Against Drunk Driving) Kids - a group of child celebrities who speak out for safe causes. Buyers can order the book directly from American Camping Association, Inc., 5000 State Road 67 North, Martinsville, IN 46151-7902, 800-428-2267, or from Independent Publishers Group, (800) 888-4741. Look for the 1998-99 edition coming in January 1998.

*Travel in Spiritual Worlds* John Right 2021-06-27 The Purpose of Spiritual Travel The goal of spiritual travel is mystical or transcendent religious experience. The reason for an interest in spiritual travel is that it provides a unique means of approaching these distant and extraordinary states of religious awareness. It does this by exposing the spiritual seeker to a series of lessons about the nature of identity, and the freedom of the soul to travel in various non-physical environments. These lessons gradually introduce the spiritual traveler to a variety of psychic and spiritual states containing increasing degrees of individual freedom, and spiritual awareness. In addition, spiritual travel provides an inner laboratory where the seeker can experiment with techniques and methods of moving through the more limited psychic states of awareness and into these distant spiritual realms.

Yoga Journal 1992-11 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.

*Climbing the Spiritual Mountain* Alan Davey 2014-09-24 This is a guide for spiritual mountain climbers. In the Scriptures, connecting with Abba often leads to a mountain. Modern spiritual writers have long recognized this scriptural metaphor and explored the nature of this journey of ascent. Drawing on the text of the Bible, works of literature, and the writings of mystics both old and new, *Climbing the Spiritual Mountain*

speaks of the desires and intentions, discipline, and effort involved in developing our intimacy with Christ. In Jesus' dealings with people in the Gospels, he draws them up the spiritual mountain through dialogue and questions. Like Socrates of old, his teaching method probes our thinking, knowledge, and motives. In the process, he stimulates our longing and desire to reach the summit. There are challenges, hurdles, and difficult choices to make as we climb the spiritual mountain. But the reward--approaching the beautiful One who is our Abba--far outshines any sacrifice we may make on the climb.

*The Next Everest* Jim Davidson 2021-04-20 A dramatic account of the deadly avalanche on Everest—and a return to reach the summit. On April 25, 2015, Jim Davidson was climbing Mount Everest when a 7.8-magnitude earthquake released avalanches all around him and his team, destroying their only escape route and trapping them at nearly 20,000 feet. It was the largest earthquake in Nepal in eighty-one years and killed nearly 8,900 people. That day also became the deadliest in the history of Everest, with eighteen people losing their lives on the mountain. After spending two unsettling days stranded on Everest, Davidson's team was rescued by helicopter. The experience left him shaken, and despite his thirty-three years of climbing and serving as an expedition leader, he wasn't sure that he would ever go back. But in the face of risk and uncertainty, he returned in 2017 and finally achieved his dream of reaching the summit. Suspenseful and engrossing, *The Next Everest* portrays the experience of living through the biggest disaster to ever hit the mountain. Davidson's background in geology and environmental science makes him uniquely qualified to explain why the seismic threats lurking beneath Nepal are even greater today. But this story is not about "conquering" the world's highest peak. Instead, it reveals how embracing change, challenge, and uncertainty prepares anyone to face their next "Everest" in life.

**Managing by the Bhagavad Gītā** Satinder Dhiman 2018-11-27 Drawing upon the timeless wisdom of the Bhagavad Gītā, a philosophical-spiritual world classic, this professional book highlights the spiritual and moral dimensions of management using an inside-out leadership

development approach. It interprets the Bhagavad Gītā's teachings on the personality types and psychological makeup of managers and employees; self-knowledge and self-mastery; and the leadership concepts of vision, motivation, and empowerment. This book covers topics such as training of the mind, ethical leadership, communication, stress management, and corporate social responsibility (CSR). Collectively, the enclosed contributions provide managers with an enhanced outlook on management functions such as leading, planning, organizing, and controlling in today's organizations, particularly those run by knowledge workers. Management research in the 20th century has mainly focused on the industrial paradigm characterized by a hierarchical structure of authority and responsibility with an individualistic focus on the personality of the manager. However, this traditional paradigm cannot solve many of the problems that confront leaders and managers today. Recent studies have shown that values traditionally associated with spirituality—such as integrity, honesty, trust, kindness, caring, fairness, and humility—have a demonstrable effect on managerial effectiveness and success. Although traditionally interpreted as a religious-spiritual text, the Bhagavad Gītā teaches these values which can be extrapolated and applied to practical management lessons in today's corporate boardrooms. Applying the text of the Bhagavad Gītā to the context of management, this book views the manager as an "enlightened sage" who operates from higher stance, guided by self-knowledge and self-mastery. It demonstrates how character is the key ingredient for effective management and leadership. This book is therefore applicable to all managers, from first-line to CEOs, in their management and leadership roles in organizations.

*Contemporary Authors* Scot Peacock 2002-12 Your students and users will find biographical information on approximately 300 modern writers in this volume of Contemporary Authors(R).

**Religion Index One** 1996

**Paperbound Books in Print 1995** Reed Reference Publishing 1995-12

**Meditations on the Peaks** Julius Evola 1998-02-01 Evola articulates the close relationship between the physical rigors of mountain climbing and

the ascent of the initiate toward self-transcendence. Julius Evola, a leading exponent of esoteric thought, was also an ardent mountain climber who personally scaled the peaks of the Tyrols, Alps, and Dolomites. For Evola the physical conquest of a mountain, with all the courage, self-transcendence and mental lucidity that it entails, becomes an inseparable and complementary part of spiritual awakening. It is no coincidence that many ancient cultures chose mountains as the abodes of their gods and considered the rigorous ascent of peaks as the task of heroes and initiates. In modern times, which tend to suffocate the heroic with naked self interest, the mountain still forms part of the profound dimension of spirit where the soul finds within itself more than what it thought itself to be. In *Meditations on the Peaks*, Evola combines recollections of his own experiences with reflections on other inspirational men and women who shared his view of the transcendent greatness of mountains.

**Books In Print 1993-1994** R R Bowker Publishing 1993-09 V. 1. Authors (A-D) -- v. 2. Authors (E-K) -- v. 3. Authors (L-R) -- v. 4. (S-Z) -- v. 5. Titles (A-D) -- v. 6. Titles (E-K) -- v. 7. Titles (L-Q) -- v. 8. Titles (R-Z) -- v. 9. Out of print, out of stock indefinitely -- v. 10. -- Publishers.

**Climbing Prayer Mountain** Tim Spykstra 2017-05-30 Author Tim Spykstra presents *Climbing Prayer Mountain* as a metaphor for spiritual growth through prayer. Inspired by the events atop Mount Hermon in Mark 9, known as the Mount of Transfiguration, Spykstra's forty devotionals examine pivotal events in the spiritual growth of those who were present that day: Moses, Elijah, Jesus, Peter & John.

**Climbing With Father** David Clyde Walters

*Passage Meditation* Eknath Easwaran 2010-09 Pioneered by spiritual master Eknath Easwaran, passage meditation consists of memorizing an inspirational spiritual passage and then sending it deep into consciousness through slow, sustained attention. It keeps meditation fresh and varied because readers can select the passages - from one tradition or many - that embody their chosen ideals. Many readers also enjoy the passages for their poetic and intellectual appeal. This form of meditation offers all the richness and depth of traditional wisdom,

together with a practical method for bringing that wisdom into daily life. The book situates passage meditation as part of Easwaran's eight-point program that, based on traditional spiritual practices but adjusted for modern lifestyles, shows readers how to stay calm and focused at work and home. This edition includes a new preface of previously unpublished material by Easwaran and an epilogue that explains the story behind the book and invites new readers to join the author on this adventure in the "world within."

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