



Wheel of Initiation: Practices for Releasing Your Inner Light (Paperback)

By Julie Tallard Johnson

Inner Traditions Bear and Company, United States, 2010. Paperback. Condition: New. Original. Language: English . Brand New Book. A guide to personal spiritual initiation through the transformation of habitual patterns, apathy, and resistance - Based on the Native American medicine wheel, the Vedic wheel, and the universal initiatory mandala - Enables readers from any tradition to initiate themselves through practices of thought transformation, narrative medicine, meditation exercises, rituals, and journaling - Facilitates breaking through personal and societal illusions that perpetuate resistance and apathy Intentions and spiritual principles, meditation and contemplation, ritual, and risk-taking are the conditions that comprise an initiated life. Regrettably, in modern society we do not have rites of initiation that break through the personal and societal illusions that instill and perpetuate negative habits that keep us in states of resistance. Lacking initiation practices, we often remain trapped in ways of being in the world that were formed by our past conditions and attachments. We tend to identify too strongly with the status quo, which must be challenged to prevent stagnation and to encourage happiness and authenticity. Julie Tallard Johnson shows how to become initiated into an authentic life through practices of thought transformation, cultivating attention, journaling, storytelling,...



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