

Love Between Equals Relationship As A Spiritual Path

[#equal love](#) [#spiritual relationships](#) [#conscious partnership](#) [#sacred union](#) [#relationship spiritual path](#)

Explore the profound concept of equal love as a transformative spiritual path, where conscious partnership transcends ordinary connection. This journey emphasizes mutual respect, shared growth, and a deep understanding that empowers individuals to evolve together, making the relationship itself a catalyst for spiritual awakening and a sacred union.

Educators may refer to them when designing or updating course structures.

Thank you for accessing our website.

We have prepared the document Equal Love Spiritual Path just for you.

You are welcome to download it for free anytime.

The authenticity of this document is guaranteed.

We only present original content that can be trusted.

This is part of our commitment to our visitors.

We hope you find this document truly valuable.

Please come back for more resources in the future.

Once again, thank you for your visit.

In digital libraries across the web, this document is searched intensively.

Your visit here means you found the right place.

We are offering the complete full version Equal Love Spiritual Path for free.

Love between Equals

Learn how to successfully negotiate conflicts and deepen our most intimate relationships in this practical and thoughtful guide by an experienced Buddhist teacher, psychotherapist, and couples counselor. A committed relationship, as most people see it today, is a partnership of equals who share values and goals, a team united by love and dedicated to each other's growth on every level. This contemporary model for coupledness requires real intention and work, and, more often than not, the traditional archetypes of relationships experienced by our parents and grandparents fail us or seem irrelevant. Utilizing the wisdom of her years of personal and professional practice, Young-Eisendrath dismantles our idealized projections about love, while revealing how mindfulness and communication can help us identify and honor the differences with our partners and strengthen our bonds. These practical and time-tested guidelines are rooted in sound understanding of modern psychology and offer concrete ideas and the necessary tools to reinforce and reinvigorate our deepest relationships.

Women and Desire

"Polly Young-Eisendrath's *Women and Desire: Beyond Wanting to Be Wanted* was first published by Harmony Books in 1999. Since then, it has become a classic read for those readers- to use a cinematographic expression - who want to use analytical psychology to shed light on what women want. This book, when first published, was described (and still is) as "provocative and vital." More than 20 years after its publication, this book still shows effectively "how to break out of this double bind so that" women "can encounter the challenges of choice and responsibility for our own desires." The author "wisely uses mythological and personal stories to help us take control of our sexual, relational, material, and spiritual lives." Therefore, "If you feel confused, resentful, or trapped in a life that does not seem to be fully yours, then you can find a clear path to your true self, once and for all, with the help of *Women and Desire*." This book is the second of the series titled *Jungianism: Re-Covered Classics in Analytical Psychology* curated by Stefano Carpani"--

Spiritual Partnership

Gary Zukav shows how we can create partnerships with others for the purpose of our mutual spiritual growth. Thus, this remarkable work is a roadmap to profound change, pointing towards a fulfilling, joyful way of life for us all.

You're Not what I Expected

Combining research and clinical theory with actual case histories, this book reveals how couples can enhance their communication skills and learn how to make deeper commitments via the revolutionary new method of dialogue therapy--a form of conversation that involves having and maintaining one's own point of view while understanding another's.

The Present Heart

After a chance encounter with a handsome, idealistic stranger on a plane in 1969, Polly Young-Eisendrath rediscovered Ed Epstein a decade later when she least expected it. After untangling themselves from their existing relationships, they married in 1985 and spent the next 25 years together. They were soul mates, but in 2001, Ed (at the vital age of 53) began to show signs of Alzheimer's disease. Over the next 10 years, as her husband gradually reversed his mental maturity, Young-Eisendrath was faced with the question, What is love? The Present Heart is an insightful journey of living in the present moment. In a deeply moving yet unsentimental voice, Young-Eisendrath draws on her lifelong practices of Buddhism and psychoanalysis and her own unique view of love, as well as a circle of profound thinkers including author Abigail Thomas, psychoanalyst Nancy McWilliams, and Buddhist teacher Shinzen Young. A thoughtful meditation on the human experience, The Present Heart shows how our most intimate relationships, often the source of our greatest pain, can prove to be our path to spiritual enlightenment. The book offers a new perspective on how to maintain engaged, reciprocal relationships--with a partner, parent, child, or friend--under any and all circumstances.

The Way of the Beloved

The foundation of the Way of the Beloved is discovered in the heart of love itself, where there lives and moves a will to exaltation of the other. To truly love another is to will the spiritual ideal upon that beloved one. When there is a mutual intention to exalt infusing the daily life of a man and woman, they enter into the Way of the Beloved. This handbook is an attempt to put into book form what authors Robert and Diana Van Arsdale have been teaching to small groups of couples since 1976. Their workshops offer an ageless set of protocols for the transformation of the love relationship between a woman and a man into a path of spiritual development. Here they present an integrated body of progressive, experiential exercises and meditations that were taught originally taught by Herman Rednick. Simply stated, The Way of the Beloved teaches a couple how to actualize the potential of their relationship through the intensification of love and compassion. Designed for couples in search of spiritual and emotional exploration, this guide offers methods intended to help them realize a vision of love fulfilled.

Subject to Change

What can psychotherapy and psychoanalysis teach us about turning human misery into insight and personal freedom? Polly Young-Eisendrath offers a response that opens new vistas in our understanding of ourselves within the complexity of a postmodern world. Subject to Change is a collection of essays spanning a twenty-year period of theorising and practice of a highly regarded senior Jungian analyst. The diverse ideas and perspectives discussed in the essays deal with the big issues surrounding how Jungian analysts and psychoanalysts understand their profession and what it teaches us about our subject lives. The book is divided into four clear and informative sections: * Subjectivity and uncertainty * Gender and desire * Transference and transformation * Transcendence and subjectivity. The classic essays presented in this book will have significant appeal to all those concerned with Jungian analysis, psychotherapy, psychoanalysis, gender development, and the interface between psychotherapy and spirituality.

Enlightenment Through Motherhood

"I enjoyed this immensely... Definitely a fun and entertaining book while sharing a bit of spiritual goodness as well." Katie "This book put into words just what, and how, I was feeling about my own spiritual journey. Women and men have such different experiences and this book beautifully articulates them." Amanda Motherhood is misunderstood. Since time immemorial we've believed that when

women become mothers they are taking time out from real work and serious personal growth, especially spiritual development. But we've had it all wrong. While heavily pregnant with her third child, personal growth writer Astra Niedra attempts a holiday in the tropical paradise of Australia's Far North with her husband and two young daughters in tow. During this 'holiday' she discovers that the skills and abilities that mothers are required to use each day as part of their job are the same as the practices prescribed for enlightenment seekers. "Her simple spellbinding stories, her keen intellect, and her unfailing humour make this book a pleasure to read. Here is a new way of thinking of spirituality, of valuing our humanity while living a spirit-infused life, and a fascinating (and novel) path to enlightenment! It's a consciousness changer and I loved it." Dr Sidra Stone "A great read for all mothers, I loved this book!" Ann Shepich This book will inspire you, entertain you and lift your spirits, all the while grounding you in the unshakeable truth that there is far more to being a mother and raising children than conventional wisdom would have us believe.

The Self-Esteem Trap

Kids today are depressed and anxious. They also seem to feel entitled to every advantage and unwilling to make the leap into adulthood. As Polly Young-Eisendrath makes clear in this brilliant account of where a generation has gone astray, parents trying to make their children feel special are unwittingly interfering with their kids' ability to accept themselves and cope with life. Clarifying an enormous cultural change, *The Self-Esteem Trap* shows why so many young people have trouble with empathy and compassion, struggle with moral values, and are stymied in the face of adversity. Young-Eisendrath offers prescriptive advice on how adults can help kids -- through the teen and young adult years -- develop self-worth, setting them on the right track to productive, balanced, and happy lives.

Love Equals Power

Love is to the spiritual Universe as gravity is to the physical world. An understanding of love as the only true power, the fundamental and basic structure of all life and being, leads to a new view of life and truth that leads to wholeness, happiness and healing. *Love Equals Power* provides an entertaining and compelling discussion of the big questions of life, offering answers that are both radical and inspiring. Drawing on her own lifelong experience with spiritual healing as well as her wide-ranging research of different spiritual practices and theories, Eileen McBride argues that all true knowledge lies within us and is accessed through love. *Love Equals Power* provides not only the ideas but also the practical strategies to harness all the power needed to find spiritual solutions to human problems, to heal our bodies and lives, and to create the life we truly desire.

Creating a Spiritual Relationship

This book is designed for people who are either in a committed relationship or want to be. A committed relationship is one path toward spiritual growth and transformation. It is not the only path, nor is it a very easy path. The seven spiritual laws discussed in Part Two of this book provide a roadmap for couples who are committed to their mutual spiritual growth. This simple but profound guide to growth and happiness for couples will help you and your partner weather the ups and downs of your relationship so that you can grow together and deepen the intimacy between you.

Awakening and Insight

Buddhism first came to the West many centuries ago through the Greeks, who also influenced some of the culture and practices of Indian Buddhism. As Buddhism has spread beyond India, it has always been affected by the indigenous traditions of its new homes. When Buddhism appeared in America and Europe in the 1950s and 1960s, it encountered contemporary psychology and psychotherapy, rather than religious traditions. Since the 1990s, many efforts have been made by Westerners to analyze and integrate the similarities and differences between Buddhism and its therapeutic ancestors, particularly Jungian psychology. Taking Japanese Zen-Buddhism as its starting point, this volume is a collection of critiques, commentaries, and histories about a particular meeting of Buddhism and psychology. It is based on the Zen Buddhism and Psychotherapy conference that took place in Kyoto, Japan, in 1999, expanded by additional papers, and includes: new perspectives on Buddhism and psychology, East and West cautions and insights about potential confusions traditional ideas in a new light. It also features a new translation of the conversation between Shin'ichi Hisamatsu and Carl Jung which took place in 1958. *Awakening and Insight* expresses a meeting of minds, Japanese and Western, in a way that opens new questions about and sheds new light on our subjective lives. It will be of great interest to

students, scholars and practitioners of psychotherapy, psychoanalysis, and analytical psychology, as well as anyone involved in Zen Buddhism.

Journey of the Heart

A clear, cogent, and comprehensive account of the rationale and methods of Dialogue Therapy and Real Dialogue, this volume introduces models of facilitated dialogue designed specifically to end polarization. This book offers a straightforward and comprehensive encounter with some of the most effective theories and methods to facilitate dialogue and disrupt deadening power struggles between life partners, grown children and parents, siblings, co-workers, and others whose conflicts have led to harmful polarizations. The book is based on ideas and relational models from mindfulness and psychoanalysis that have not been applied in this unique way before. This melding of mindfulness (containment, concentration, equanimity, maintaining a "mindful gap") with the psychoanalytic understanding of projection and projective identification (the "hijacking" of our subjective experiences) creates much more than light at the end of the tunnel. It engenders the acceptance of another that leads to love and insight, based on the recognition and acknowledgement of our autonomy and our common humanity in the midst of conflict. This book introduces a new, revolutionary model for couple therapists, life coaches, group facilitators, and leaders to open a mindful space that increases witnessing capacities in the midst of emotional conflict without imposing goals of agreement, reconciliation or compromise.

Dialogue Therapy for Couples and Real Dialogue for Opposing Sides

Why is love so difficult? Is there such a thing as a soulmate? Why can't I find someone to love me just the way I am? Why does the person I gave my heart to in the early days now feel so distant or even dangerous? When love goes bad, is there a way to turn things around? If we lost each other along the way, can we find each other again? In the wake of betrayal, can trust ever be rebuilt? In this helpful and enlightening book, expert couples therapist, Dr. Chelsea Wakefield, explains why couples who begin with such hopeful expectations become disenchanted, withdraw into self-protection or become entangled in unresolvable conflicts. She provides step by step guidance out of these shadowlands, and teaches six essential "love capacities" any couple can develop that will open the path to a soulful, enduring relationship.

The Labyrinth Of Love

A noted Jungian psychotherapist tells inspiring stories of individuals who faced tremendous hardships, yet found renewed creativity and compassion as a result. In these lives the author finds patterns that illustrate not only basic Jungian principles, but also the teachings of the ancient Buddhist tradition, which was developed to deal with suffering in the world.

The Gifts Of Suffering

To love and be loved is central to life. Yet all around us, we see people looking for love and not finding it—often settling for something less. One reason is that love is not just about attraction and feelings—as powerful as these can be. There is a spiritual dimension that is even more important, yet often overlooked or not understood. *Wanting to Be Loved* provides a higher perspective on the quest for love. Here are just a few of the keys you will find in this inspiring book: - How to recognize a twin flame or soul mate - How to avoid wrong relationships - How to attract the right partner in life - Marriage as an initiation on the spiritual path - How to deal with karma in relationships - Understanding sex as a Sacred Energy eXchange Explore the mystery and beauty of love in all its dimensions, and find the love you are looking for.

Wanting to Be Loved

Winner of the 2014 Silver Independent Publisher Book Award in the relationship category and winner of the Spirituality and Practice Award as one of the best spiritual books of 2013! The search for inner peace is often met with what seems like a conflicting path— the irresistible pull of love and connection with others to which we are drawn. Reconciling these opposites, John Amodeo shows how spirituality and vibrant relationships are identical. He says that Buddha's concept of the root of suffering is misunderstood. It is not desire that causes suffering; desire is the fire that springs from the basic life force. Drawing upon the science of attachment theory, Amodeo illuminates how the root of our suffering is disconnection from ourselves and others, which is fueled by clinging to what doesn't serve

us In a conversational tone, Amodeo presents relationship as sacred experience. He teaches how to welcome desire mindfully rather than suppress it and how to overcome fear of failure in relating. He also discusses meditation as self-intimacy and holding ourselves with loving-kindness. Lastly, he explores the role of community in spiritual awakening and the issue of whom to trust—our guru or ourselves?

Dancing with Fire

Also available in an open-access, full-text edition at <http://oaktrust.library.tamu.edu/handle/1969.1/146844> Contradictory and provocative pathways crisscross the terrain of gender among contemporary psychologists and psychoanalysts. Clearing a path through this terrain, Polly Young-Eisendrath describes and illustrates issues of gender and desire among women and men. Young-Eisendrath introduces three world views: premodern, modern, and postmodern. Then, she calls our attention to how we shape reality and clearly explains how a lived postmodern philosophy is essential for us to understand ourselves and how we can change. Next, she discusses gender and sex differences in terms of how the former are flexible and the latter are not. The division of the human community into the two exclusive groups of male and female has important psychological implications on both conscious and unconscious levels. Most depth psychological theories of gender and sex have been androcentric, taking males as the norm for health, and have failed to develop a full understanding of desire, opposition, and idealization between the sexes. One major theme in a depth psychology of gender is that of Woman as the object of desire. The Greek myth of Pandora deftly illustrates the problem of female beauty: as the "desire-awakening maiden" Pandora is powerful but empty. The link between female beauty, power, and evil teaches us about the consequences of female appearance as a commodity to be used among men. Zeus placed the curse of Pandora on humankind, as a punishment for the theft of fire from the gods, and we are still living with the effects of this patriarchal curse. The double bind of female beauty (damned if you engage it and damned if you don't) must be lifted from the male-female relationships in this time of growing equality and reciprocity between the sexes. For women and men to reach their full potential of development as individuals and in relationships, they must break Pandora's curse and free themselves from the myth of the power of female beauty. In working to liberate us from the curse of Pandora, Young-Eisendrath has developed a theory of desire: desire contains within it a primordial absence, a sense that something is missing. When we come to understand the nature of desire itself we can be liberated from its domination. Drawing on experiences from culture, everyday life, and psychotherapy, Polly Young-Eisendrath's *Gender and Desire: Uncursing Pandora* provides a full engagement with the intricacies and complexities of gender, desire, and liberation for women and men in a postmodern world.

Gender and Desire

The *Four Loves* is a 1960 book by C. S. Lewis which explores the nature of love from a Christian and philosophical perspective through thought experiments. The book was based on a set of radio talks from 1958 which had been criticized in the U.S. at the time for their frankness about sex. C.S. Lewis examines storge or empathy love; philia, friendship love; eros, romantic love; and agape, or God love. Excerpt: "GOD is love," says St. John. When I first tried to write this book I thought that his maxim would provide me with a very plain highroad through the whole subject. I thought I should be able to say that human loves deserved to be called loves at all just in so far as they resembled that Love which is God."

The Four Loves

The content of this book is a message of love for you. My wish is that it serves you to know better your feelings, allowing you to distinguish the feelings of true love from those forms of selfishness which imitate love but are not really. So seek to feed the first ones and remove the second ones, because this is the only way to become happy. I hope that after reading this book it is clear to you that you have a fundamental right that you must not let anyone violate, and this is the right to the freedom of feeling. With all my love, for you. Official web page <http://thespiritualawes.blogspot.com.es/>

The Law of Love

Polly Young-Eisendrath's *Women and Desire: Beyond Wanting to Be Wanted* was first published by Harmony Books in 1999. Since then, it has become a classic read for those readers— to use a cinematographic expression — who want to use analytical psychology to shed light on what women want. This book, when first published, was described (and still is) as "provocative and vital." More than 20 years after its publication, this book still shows effectively "how to break out of this double bind

so that” women “can encounter the challenges of choice and responsibility for our own desires.” The author “wisely uses mythological and personal stories to help us take control of our sexual, relational, material, and spiritual lives.” Therefore, “If you feel confused, resentful, or trapped in a life that does not seem to be fully yours, then you can find a clear path to your true self, once and for all, with the help of *Women and Desire*.” This book is the second of the series titled *Jungianum: Re-Covered Classics in Analytical Psychology* curated by Stefano Carpani.

Living Clean: The Journey Continues

Zen and the art of falling in love . . . At once practical, playful, and spiritually sound, this book is about creating a new love story in your life. Drawing from Christian, Buddhist, Sufi and other spiritual traditions, *If the Buddha Dated* shows how to find a partner without losing yourself. Kasl, a practicing psychotherapist, workshop leader, and Reiki healer for thirty years, offers practical wisdom on using the path to love as a means of awakening. If the Buddha Dated teaches that when you stay loyal to your spiritual journey, you will bring curiosity, fascination, and a light heart to the dating process.

Women and Desire

“Full of wisdom as well as practical guidance about how to bring spiritual illumination into the very heart of our humanness.” —John Welwood, author of *Perfect Love, Imperfect Relationships* and *Journey of the Heart* Our natural state is to love and be loved. From deep within, we’re compelled to seek connection. Yet relationships remain a struggle—even for the most spiritually enlightened among us. Traumatic experiences, insecure attachment, and especially the false but commonly held belief that we are separate, both from each other and from the love we seek, can cause endless problems in relationships. As long as our connections are built on this untruth, lasting love and harmony in relationship will elude us. *Awakened Relating* can help. Written by a licensed therapist and pioneer in bringing the most direct teachings of non-duality into the practice of psychotherapy, this book offers practical guidance for improving relationships through “awakened relating”—a more enlightened experience of falling in love, communication, conflict resolution, and sexuality. With examples, guidelines, and experiential inquiries for realizing your true nature, this book will dispel common myths and mistaken beliefs about intimacy and help you cultivate a loving relationship with yourself and others. Including inspirational stories of people who practice awakened relating in their own lives, this book will show you how to identify, transform, and resolve the deep psychological issues that prevent you from having the harmonious, loving relationships you seek. Now is the time to realize the deep and ever-present love that exists within and all around you.

If the Buddha Dated

A guide to finding and keeping love shows readers how to meet the challenges of a new relationship, avoid making the same mistakes, deal with emotional issues, and improve their odds

Awakened Relating

The Rosenthals, directors of the Heartwork Center, a retreat dedicated to helping build intimate, satisfying partnerships, reveal the secrets of a successful relationship.

Keeping the Love You Find

“A lively and accessible take on ancient techniques for transforming terror and pain into joy and compassion,” from beloved Buddhist teacher Pema Chödrön (O, *The Oprah Magazine*) Lifelong guidance for changing the way we relate to the scary and difficult moments of our lives—showing us how we can use our difficulties and fears as a way to soften our hearts and open us to greater kindness We always have a choice in how we react to the circumstances of our lives. We can let them harden us and make us increasingly resentful and afraid, or we can let them soften us and allow our inherent human kindness to shine through. In *The Places That Scare You*, Pema Chödrön provides essential tools for dealing with the many difficulties that life throws our way, teaching us how to awaken our basic human goodness and connect deeply with others—to accept ourselves and everything around us complete with faults and imperfections. Drawing from the core teachings of Buddhism, she shows the strength that comes from staying in touch with what’s happening in our lives right now and helps us unmask the ways in which our egos cause us to resist life as it is. If we go to the places that scare us, Pema suggests, we just might find the boundless life we’ve always dreamed of.

Learning to Love

Instant bestseller: Buddhist teacher Pema Chödrön shares life-changing practices for living with wisdom, confidence, and integrity amidst confusing situations and uncertain times. We live in difficult times. Life so often seems like a turbulent river threatening to drown us and destroy our world. Why, then, shouldn't we cling to the certainty of the comfortable—to our deep-seated habits and familiar ways? Because, Pema Chödrön teaches, that kind of fear-based clinging keeps us from the infinitely more powerful experience of being fully alive. The Buddhist teachings she presents here—known as the “Three Commitments”—provide a treasure trove of wisdom for learning to step right into the unknown, to completely and fearlessly embrace the groundlessness of being human, for people of all faiths. When we do, we begin to see not only how much better it feels to live an openhearted life, but we find that we begin to naturally and more effectively reach out to help and heal all those around us.

The Places That Scare You

Grief is a personal journey, never the same for any two people and as unique as your life and your relationships. Although loss is an inevitable part of life, how you approach this fact can make the difference between meaningless pain and the manifestation of understanding and wisdom. This book describes a mindful approach to dealing with grief that can help you make that difference. By walking this mindful path, you will discover that you are capable of transforming and healing the grief you carry and finding the spiritual and emotional resilience you need to move through this challenging time. These mindfulness practices, explained here in simple and practical language, will help you bear your time of grief. But they will do more than that, too. They will guide you to a life more fully lived, with more meaning. These simple practices will help you experience what richness comes from asking deeper questions about loss and about life.

Living Beautifully

Discover and fulfill your God-given purpose by joining the more than thirty-five million others who have embarked on a spiritual journey that started with this #1 New York Times bestselling book by Pastor Rick Warren. Before you were born, God knew what your life had in store for you. His hope for you is to discover the life he created just for you—both here on earth, and forever in eternity. Let Rick Warren guide you as you learn to live out your true purpose. The Purpose Driven Life is more than a book; it's a road map for your spiritual journey. Combining thoughtful verses from Scripture with timely stories and perspectives from Warren's own life, The Purpose Driven Life will help you discover the answer to one of life's most important questions: What on earth am I here for? Throughout The Purpose Driven Life, Warren will teach you to spend time getting to know yourself and your creator in order to live your life to the fullest. Unlocking your true purpose will also reduce your stress, simplify your decisions, increase your satisfaction, and, most importantly, prepare you for eternity. Designed to be read over the course of forty-two days, The Purpose Driven Life will help you see the big picture, giving you a fresh perspective on the way that the pieces of your life fit together. Every chapter of The Purpose Driven Life provides a daily meditation and practical steps to help you uncover and live out your purpose, starting with exploring three essential questions: The Question of Existence: Why am I alive? The Question of Significance: Does my life matter? The Question of Purpose: What on earth am I here for? Each copy of The Purpose Driven Life also includes thoughtful discussion questions, audio Bible studies that go along with every chapter, and access to a supportive online community, giving you the opportunity to dive even deeper into each life-changing lesson.

Grieving Mindfully

Every now and then - not very often - we meet a woman who has mastered the art of being in a couple, who has managed to keep the flame alive long after the honeymoon period and well into the trials of parenting. Sarah Naphthali is not one of these women but is happy for readers to learn from her mistakes. With her trademark emphasis on self-compassion, she explains how she has applied Buddhist teachings to patch things up, hold things together and even, on good days, scale the heights of relationship happiness. Written for both men and women, Buddhism for Couples tackles the loaded subjects of housework, anger, sex, conflict and infidelity, before introducing Buddhist strategies that can enrich a relationship. Applying Buddhist teachings can improve our relationship by guiding us to delve more deeply into our psyches. Through mindfulness and ever-growing self-awareness, the teachings help us to become more familiar with the workings of our minds and bodies, more aware of our thoughts and beliefs, so that we can see our behaviours with more clarity. Alongside Buddhist teachings, Sarah explores the latest psychological research on relationships and discovers numerous

overlaps. Humorous and informative, *Buddhism for Couples* provides a fresh approach to living as a couple, persuading us to leave behind stale, habitual ways of relating that don't seem to work.

The Purpose Driven Life

This second edition represents a wide-ranging critical introduction to the psychology of Carl Jung, one of the founders of psychoanalysis. Including two new essays and thorough revisions of most of the original chapters, it constitutes a radical assessment of his legacy. Andrew Samuels' introduction succinctly articulates the challenges facing the Jungian community. The fifteen essays set Jung in the context of his own time, outline the current practice and theory of Jungian psychology and show how Jungians continue to question and evolve his thinking and apply it to aspects of modern culture and psychoanalysis. The volume includes a full chronology of Jung's life and work, extensively revised and up to date bibliographies, a case study and a glossary. It is an indispensable reference tool for both students and specialists, written by an international team of Jungian analysts and scholars from various disciplines.

Buddhism for Couples

We were made to love and be loved. Loving ourselves and others is in our genetic code. It's nothing other than the purpose of our lives—but knowing that doesn't make it easy to do. We may find it a challenge to love ourselves. We may have a hard time letting love in from others. We're often afraid of getting hurt. It is also sometimes scary for us to share love with those around us—and love that isn't shared leaves us feeling flat and unfulfilled. David Richo provides the tools here for learning how to love in evolved adult ways—beginning with getting past the barriers that keep us from loving ourselves, then showing how we can learn to open to love others. He provides wisdom from Buddhism, psychology, and a range of spiritual traditions, along with a wealth of practices both for avoiding the pitfalls that can occur in love relationships and for enhancing the way love shows up in our lives. He then leads us on to love's inevitable outcome: developing a heart that loves universally and indiscriminately. This transcendent and unconditional love isn't just for a heroic few, Dave shows, it's everyone's magnificent calling.

The Cambridge Companion to Jung

Helpful guidelines for both therapists and clients, including methodology (strategy and techniques) and detailed suggestions for psychosexual and developmental assessment. Emphasis on revaluing the feminine in relationships.

How to Be an Adult in Love

Love and Liberation reads the autobiographical and biographical writings of one of the few Tibetan Buddhist women to record the story of her life. Sera Khandro Dewġ Dorjġ (1892–1940) was extraordinary not only for achieving religious mastery as a Tibetan Buddhist visionary and guru to many lamas, monastics, and laity in the Golok region of eastern Tibet, but also for her candor. This book listens to Sera Khandro's conversations with deities, dakinis, bodhisattvas, lamas, and fellow religious community members and investigates the concerns and sentiments relevant to the author and to those for whom she wrote. Sarah H. Jacoby's analysis focuses on the status of the female body in Sera Khandro's texts, the virtue of celibacy versus the expediency of sexuality for religious purposes, and the difference between profane lust and sacred love between male and female Tantric partners. Her findings add new dimensions to our understanding of Tibetan Buddhist consort practice, complicating standard scriptural presentations of a male subject and a female aide. Sera Khandro depicts herself and her guru and consort, Drimġ zer, as inseparable embodiments of insight and method that together form the Vajrayana Buddhist vision of complete buddhahood. By advancing this complementary sacred partnership, Sera Khandro carved a place for herself as a female virtuoso in the male-dominated sphere of early twentieth-century Tibetan religion.

Hags and Heroes

The best-selling author of *How to Be an Adult in Relationships* explains how to build trust—the essential ingredient in successful relationships—in spite of fear or past betrayals. Most relationship problems are essentially trust issues, explains psychotherapist David Richo. Whether it's fear of commitment, insecurity, jealousy, or a tendency to be controlling, the real obstacle is a fundamental lack of trust—both

in ourselves and in our partner. Daring to Trust explores the importance of trust throughout our emotional lives: how it develops in childhood and how it becomes an essential ingredient in healthy adult relationships. It offers key insights and practical exercises for exploring and addressing our trust issues in relationships. Topics include: • How we learn early in life to trust others (or not to trust them) • Why we fear trusting • Developing greater trust in ourselves as the basis for trusting others • How to know if someone is trustworthy • Naïve trust vs. healthy, adult trust • What to do when trust is broken Ultimately, Richo explains, we must develop trust in four directions: toward ourselves, toward others, toward life as it is, and toward a higher power or spiritual path. These four types of trust are not only the basis of healthy relationships, they are also the foundation of emotional well-being and freedom from fear.

Love and Liberation

Amoral, cunning, ruthless, and instructive, this multi-million-copy New York Times bestseller is the definitive manual for anyone interested in gaining, observing, or defending against ultimate control – from the author of *The Laws of Human Nature*. In the book that *People* magazine proclaimed “beguiling” and “fascinating,” Robert Greene and Joost Elffers have distilled three thousand years of the history of power into 48 essential laws by drawing from the philosophies of Machiavelli, Sun Tzu, and Carl Von Clausewitz and also from the lives of figures ranging from Henry Kissinger to P.T. Barnum. Some laws teach the need for prudence (“Law 1: Never Outshine the Master”), others teach the value of confidence (“Law 28: Enter Action with Boldness”), and many recommend absolute self-preservation (“Law 15: Crush Your Enemy Totally”). Every law, though, has one thing in common: an interest in total domination. In a bold and arresting two-color package, *The 48 Laws of Power* is ideal whether your aim is conquest, self-defense, or simply to understand the rules of the game.

Daring to Trust

Dorothie and Martin Hellman reveal the secrets that allowed them to transform an almost failed marriage into one where they reclaimed the true love that they felt when they first met fifty years ago. Surprisingly, they found that working on interpersonal and international challenges at the same time accelerated progress on both.

The 48 Laws of Power

A New Map for Relationships