

eileen caddy opening doors within

****Eileen Caddy Opening Doors Within: Unlocking Spiritual Growth and Inner Peace****

eileen caddy opening doors within is more than just a phrase; it's a profound journey into the depths of our own consciousness, inspired by the teachings of Eileen Caddy, a spiritual pioneer known for her gentle guidance on inner transformation. Her work encourages us to explore the unseen realms of our hearts and minds, inviting us to step through those metaphorical doors that lead to greater self-awareness, peace, and empowerment. But what does it truly mean to open doors within, and how can Eileen Caddy's wisdom help us navigate this exciting path?

In this article, we'll delve into the essence of Eileen Caddy's teachings, exploring how opening doors within can transform your life. We'll uncover practical ways to embrace her spiritual guidance, explore the power of inner silence and stillness, and discover how tuning into your inner voice can unlock new levels of personal growth. Whether you are new to her work or seeking to deepen your spiritual practice, this exploration offers valuable insights and inspiration.

The Philosophy Behind Eileen Caddy Opening Doors Within

Eileen Caddy's spiritual philosophy centers on the idea that true peace and happiness come from within. She believed that by connecting with our inner self and the divine presence that lives inside each of us, we can open doors to deeper understanding and healing. Her teachings emphasize listening inwardly, trusting your intuition, and surrendering to the flow of life.

Who Was Eileen Caddy?

Eileen Caddy co-founded the Findhorn Foundation in Scotland, a spiritual community known worldwide for its pioneering work in conscious living and human potential. Her teachings, often delivered through daily "words of wisdom," focus on simple yet powerful principles such as gratitude, faith, and inner stillness. These elements form the foundation for opening doors within, helping individuals access their inner sanctuary and divine guidance.

What Does Opening Doors Within Mean?

Opening doors within refers to the process of becoming aware of and embracing one's inner world. It involves moving beyond external distractions and superficial concerns to connect with the core of our being. According to Eileen Caddy, when we open these inner doors, we invite clarity, healing, and inspiration into our lives. This concept encourages us to:

- Cultivate inner silence and mindfulness
- Trust our intuition and inner wisdom
- Release fear and resistance

- Embrace love and forgiveness

By doing so, we create space for spiritual growth and personal transformation.

Practical Ways to Open Doors Within Inspired by Eileen Caddy

Applying Eileen Caddy's teachings in daily life can be a gentle yet powerful way to experience inner peace and clarity. Here are some practical approaches to help you open doors within.

1. Practice Daily Meditation and Stillness

One of the cornerstones of Eileen Caddy's guidance is the importance of daily meditation. Setting aside time each day to sit quietly and focus on your breath or a simple mantra can calm the mind and open channels to inner wisdom. This practice allows the "noise" of everyday life to fade, revealing the peaceful presence that resides within.

Tips for effective meditation:

- Create a quiet, comfortable space free from interruptions
- Start with 5-10 minutes and gradually increase the duration
- Focus on your breath, a word, or a positive affirmation
- Gently bring your attention back when your mind wanders

2. Listen to Your Inner Voice

Eileen Caddy often spoke about the importance of tuning into the still, small voice inside us. This inner voice is the source of guidance, creativity, and truth. To hear it more clearly, try journaling your thoughts and feelings without judgment. Reflect on moments when intuition guided you and how you felt afterward. Over time, you'll learn to recognize and trust this inner compass.

3. Embrace Gratitude and Positivity

Gratitude was a frequent theme in Eileen Caddy's messages. Expressing gratitude shifts your focus from what's lacking to what's abundant in your life, which opens doors to joy and contentment. Start or end your day by listing things you are thankful for, no matter how small. This simple habit rewires your brain to notice positive experiences and fosters a deeper connection with your inner self.

How Eileen Caddy's Teachings Influence Personal

Growth and Healing

The process of opening doors within is not always easy. It often involves confronting fears, releasing old patterns, and stepping into the unknown. Eileen Caddy's compassionate approach offers encouragement and hope during these times.

Transforming Challenges Into Opportunities

According to Eileen Caddy, every challenge is an invitation to grow. By opening doors within, you gain the inner resources to face difficulties with resilience and grace. Her teachings remind us that surrendering to divine timing and trusting the journey can bring unexpected blessings.

Healing Through Self-Love and Forgiveness

Healing is a vital aspect of opening doors within. Eileen Caddy emphasized the power of self-love and forgiveness as keys to releasing past wounds. When you forgive yourself and others, you free your energy and open space for new possibilities. This healing process allows your true self to shine through, unburdened by resentment or guilt.

Connecting with the Divine Presence Inside

At the heart of Eileen Caddy's teachings is the idea that a divine presence dwells within each person. Opening doors within means awakening to this sacred connection, which brings profound peace and guidance.

Experiencing Inner Guidance

Many who follow Eileen Caddy's path describe moments of clarity and inspiration that come from listening inwardly. This inner guidance can manifest as sudden insights, creative ideas, or a deep sense of knowing. By cultivating a relationship with your inner divine presence, you learn to navigate life's twists and turns with confidence.

Living a Spiritually Aligned Life

When you open doors within and connect with your spiritual essence, your outer life begins to reflect this harmony. Decisions become clearer, relationships deepen, and your purpose emerges with greater clarity. This alignment fosters a life that feels authentic, meaningful, and joyful.

Incorporating Eileen Caddy's Wisdom Into Your Daily Routine

Bringing the essence of Eileen Caddy opening doors within into your everyday life doesn't require dramatic changes. Small, consistent steps can have a lasting impact.

- **Start your day with a moment of stillness:** Before jumping into activities, take a few minutes to breathe deeply and set a positive intention.
- **Use affirmations inspired by her words:** Phrases like "I trust the divine within me" or "I am open to guidance and love" help reinforce inner openness.
- **Practice mindful awareness:** Throughout the day, pause occasionally to check in with your feelings and thoughts without judgment.
- **End your day with gratitude:** Reflect on moments of beauty or kindness you experienced, no matter how small.

By weaving these practices into your routine, you nurture your inner world and keep the doors open for continuous growth.

Eileen Caddy opening doors within is an invitation to embark on a spiritual adventure that transforms how you relate to yourself and the world. Her gentle yet profound teachings offer a roadmap to discovering the peace and wisdom that lie just beyond the surface of everyday life. As you explore these inner realms, you may find a renewed sense of purpose, deeper joy, and an unshakable connection to the divine presence within you.

Frequently Asked Questions

Who is Eileen Caddy and what is she known for?

Eileen Caddy was a spiritual teacher and one of the founders of the Findhorn Foundation. She is known for her teachings on inner guidance, meditation, and opening doors within oneself to spiritual growth.

What does 'opening doors within' mean in Eileen Caddy's teachings?

'Opening doors within' refers to the process of self-discovery and spiritual awakening, where an individual becomes more aware of their inner guidance, intuition, and higher self to lead a more fulfilling life.

How can one practice 'opening doors within' according to Eileen Caddy?

One can practice 'opening doors within' by engaging in daily meditation, listening to inner guidance, trusting intuition, and being open to spiritual messages and insights that help in personal growth.

What role does meditation play in Eileen Caddy's concept of opening doors within?

Meditation is a vital tool in Eileen Caddy's teachings as it quiets the mind, allowing individuals to connect deeply with their inner selves and receive guidance from their intuition or higher consciousness.

Are there any specific affirmations or prayers by Eileen Caddy related to opening doors within?

Yes, Eileen Caddy often encouraged the use of affirmations like 'I open the door to the presence of God within me' to foster a connection with inner wisdom and facilitate spiritual awakening.

How has Eileen Caddy's teaching on opening doors within influenced modern spiritual practices?

Her teachings have inspired many to focus on inner work, mindfulness, and trusting one's inner voice, influencing contemporary spiritual movements that emphasize personal transformation and conscious living.

Can opening doors within help in overcoming personal challenges?

According to Eileen Caddy, opening doors within enables individuals to access inner strength, clarity, and guidance, which can help them navigate and overcome personal challenges with greater ease and confidence.

Additional Resources

Eileen Caddy Opening Doors Within: Exploring the Path to Inner Transformation

eileen caddy opening doors within is a phrase that resonates deeply within the realm of spiritual growth and self-discovery. Eileen Caddy, a pioneering spiritual teacher and one of the founders of the Findhorn Foundation, has long been celebrated for her profound insights into inner awakening and personal transformation. Her teachings emphasize the importance of turning inward to unlock hidden potentials and discover authentic peace. This article delves into the significance of Eileen Caddy's philosophy on opening doors within, examining how her approach fosters emotional healing, mindfulness, and spiritual enlightenment.

The Philosophy Behind Eileen Caddy's Teachings

Eileen Caddy's work is rooted in the belief that true change and empowerment begin from within. Unlike conventional self-help methodologies that often rely on external validation or material success, Caddy's teachings encourage individuals to cultivate a deep connection with their inner selves. Central to her philosophy is the concept that "the doors to happiness and fulfillment are opened from the inside out." This introspective approach advocates for patience, faith, and surrender to a Higher Power or universal energy, facilitating a natural unfolding of one's true purpose.

Her famous affirmations and writings, such as those found in the book "Opening Doors Within," serve as practical guides for readers seeking clarity and transformation. These texts underscore the importance of listening to one's intuition, embracing stillness, and trusting the guidance that emerges from inner silence. The transformative process she outlines is less about rigorous discipline and more about gentle awareness and openness.

Core Principles of Opening Doors Within

- **Inner Guidance:** Trusting the subtle messages that arise from within rather than seeking constant external approval.
- **Faith and Surrender:** Allowing oneself to release control and have faith in the process of life.
- **Mindfulness and Stillness:** Cultivating moments of quiet reflection to deepen awareness.
- **Self-Love and Compassion:** Embracing one's flaws and strengths equally as part of the growth journey.
- **Living Authentically:** Aligning actions with inner truth and values.

These principles form the foundation of a transformative journey that prioritizes spiritual awakening over superficial achievements.

Impact of Eileen Caddy's Teachings on Modern Spirituality

In a world increasingly focused on rapid results and external validation, Eileen Caddy's emphasis on introspection offers a counterbalance that many find refreshing. Her approach aligns closely with contemporary mindfulness practices and the growing interest in holistic wellness. The Findhorn Foundation, co-founded by Caddy, remains a testament to the lasting impact of her philosophy, fostering a global community dedicated to spiritual growth, ecological awareness, and cooperative living.

Several studies in the field of psychology and spirituality have linked practices like meditation, self-reflection, and faith-based surrender with improved mental health outcomes. By promoting these elements, Eileen Caddy's teachings contribute significantly to the broader discourse on well-being. Opening doors within, as she describes, is not just a metaphor but a practical framework for enhancing emotional resilience and cultivating inner peace.

Comparative Insights: Eileen Caddy and Other Spiritual Teachers

When compared with other spiritual luminaries such as Deepak Chopra, Eckhart Tolle, or Thich Nhat Hanh, Eileen Caddy's approach stands out for its simplicity and accessibility. While Chopra integrates Eastern philosophy with modern science and Tolle focuses on present-moment awareness, Caddy's teachings hinge on the power of faith and intuitive alignment. Her work complements these perspectives by providing a tangible method for individuals to "open doors within" using affirmations and gentle guidance.

Unlike some spiritual paths that may require extensive study or retreats, Caddy's messages can be integrated into daily life with relative ease. This accessibility has made her work appealing to a diverse audience, ranging from seasoned spiritual seekers to those new to the concept of inner transformation.

Techniques and Practices Inspired by Eileen Caddy

Implementing Eileen Caddy's philosophy involves several practical techniques that facilitate inner opening and clarity. Among these, affirmation practices and meditation stand out as primary tools.

Affirmations as a Gateway

Affirmations are positive, present-tense statements designed to influence the subconscious mind. Caddy's affirmations are distinct in their spiritual tone, often invoking a sense of divine presence and support. For example, statements like "I open the door to the power within me" encourage individuals to recognize and harness their inner strength.

Benefits of affirmation practice include:

- Reprogramming negative thought patterns
- Enhancing self-confidence
- Creating a mindset of possibility and growth

Regular repetition of such affirmations can create a psychological shift, making the process of opening doors within a daily ritual.

Meditation and Inner Listening

Caddy advocated for periods of quiet meditation to cultivate inner listening. This involves sitting in

silence, observing thoughts without judgment, and allowing intuitive insights to surface. Unlike goal-directed meditation, this practice is about surrender and receptivity.

The advantages of this form of meditation include:

- Reduced stress and anxiety
- Heightened creativity and problem-solving
- Deeper connection to spiritual guidance or inner wisdom

By integrating meditation into their routine, followers of Caddy's teachings often report a greater sense of calm and clarity.

Challenges and Critiques in Applying the Philosophy

While Eileen Caddy's message of opening doors within has inspired many, it is not without its challenges and critiques. Some skeptics argue that the emphasis on faith and surrender may lead to passivity or avoidance of practical action. Others point out that reliance on inner guidance without external validation can sometimes result in misinterpretation or self-delusion.

Furthermore, the spiritual nature of her work may not resonate with everyone, particularly those who prefer secular or evidence-based approaches to personal development. It is important for individuals to balance inner exploration with critical thinking and external support where necessary.

Balancing Inner Work with Action

To maximize the benefits of opening doors within, it is essential to complement introspective practices with tangible steps toward goals. This might include:

1. Setting clear objectives informed by inner insights
2. Seeking feedback from trusted mentors or peers
3. Engaging in community or group activities for accountability

Such a balanced approach ensures that spiritual awakening translates into meaningful real-world progress.

The Continuing Legacy of Eileen Caddy

Decades after her initial teachings, Eileen Caddy's influence endures through books, workshops, and the vibrant community at Findhorn. The ongoing interest in her philosophy of opening doors within is a testament to its universal appeal. As people worldwide seek deeper meaning beyond material success, Caddy's message offers a timeless reminder that the most profound transformations begin inside.

Her work encourages a shift in perspective—from seeking fulfillment externally to nurturing the rich, untapped resources of the inner self. This inward journey, while sometimes challenging, provides a roadmap toward serenity, purpose, and authentic living.

In a society often overwhelmed by noise and distraction, Eileen Caddy's invitation to open doors within remains a beacon for those yearning to reconnect with their essential nature and find lasting peace.

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eileen caddy opening doors within: Opening Doors Within Eileen Caddy, 2007-09-01 For 20 years, meditators have relied on these simple teachings which offer advice on faith, fulfillment, and stillness. Serving as a perennial meditational diary, this new edition presents inspirational and practical messages for everyone embarking upon the journey to find a true inner self and spiritual truth. Anyone who meditates--whether inexperienced or seasoned--will find these adages helpful and inspirational. A new foreword, layout, and revised illustrations create an accessible and uplifting treatise on daily spiritual satisfaction and internal happiness.

eileen caddy opening doors within: Hidden Beauty of the Commonplace Philip Pegler, 2013-03-27 At a time of austerity and profound concern for human rights, here is a thoughtful book honouring the quiet radiance of love, sanctity of existence and silent background of being. Abiding peace awaits discovery in the midst of our difficulties; it is this simple but potent realisation that entirely changes our world-view and offers genuine hope for the future of humanity. This work is based upon the life of Clare Cameron, a gifted English mystic and nature poet at the peak of her creative powers during the exuberant decade of the 1960s. Displaying wisdom and compassion, Clare continually challenged her readers with a fundamental question that is as vital and relevant now as it was in her own day - 'What is the true meaning of freedom?' ,

eileen caddy opening doors within: Children of the New Age Steven Sutcliffe, 2003 As the first true social history of New Age culture, this presents an unrivalled overview of the diverse varieties of New Age belief and practise from the 1930s to the present day.

eileen caddy opening doors within: It's All about Love Sandra Munro, 2010-05-28 In 1989 Sandra Munro was diagnosed with cancer. The disease was not only fast-moving but life-threatening, yet despite a prediction of only a few weeks to live and through the deep exploration of what was thought of at the time as alternate therapy, she experienced a phenomenon explained by the medical

profession as 'a spontaneous remission'. Once recovered, her search for the meaning of life began in earnest and as her journey unfolded she began to develop a philosophy that by taking a series of simple steps, it was not only possible to change the direction of your life, but empower yourself to embrace whatever comes your way in a spirit of joy and adventure. Sandra insists that she is just a messenger and her role is to inspire others to embrace their own mastery.

eileen caddy opening doors within: The Gentle Art of Blessing Pierre Pradervand, 2009-11-10 It begins with a deeply inspiring wish for the positive welfare of another person. Writer and social justice advocate Pierre Pradervand believes that making the conscious choice to bless every person or being around you can truly make the world a better place. In The Gentle Art of Blessing, Pradervand shows that the practice of blessing has the power to create more than just a momentary change. It unleashes tangible benefits throughout your entire life—through your daily interactions, your relationships, and how the laws of positive expectations and unconditional love can open the doors to a more peaceful world. Pradervand describes a blessing as genuinely wishing the best for another person through seeing their individual worth and honoring them for it. By looking at several different perspectives—providing spiritual inspiration from Hinduism, Taoism, the Koran, the Bible, and other important spiritual sources—The Gentle Art of Blessing provides the tools for people to shift their attitude from negativity to acceptance. These blessings can be practiced daily in everyday situations whether it be at the supermarket, driving in rush hour, or spending time in the workplace, the simple action of blessing the event can turn a challenging experience into an experience of grace and gratitude. Simple yet powerful, a blessing can change the way of perceiving and shaping our surroundings, reflecting the unconditional love and acceptance that is necessary for global—and inner—peace.

eileen caddy opening doors within: *Encyclopedia of New Religious Movements* Peter Clarke, 2004-03-01 New Religious Movements (NRMs) can involve vast numbers of followers and in many cases are radically changing the way people understand and practice religion and spirituality. Moreover, many are having a profound impact on the form and content of mainstream religion. The *Encyclopedia of New Religious Movements* provides uniquely global coverage of the phenomenon, with entries on over three-hundred movement from almost every country in the world. Coverage includes movements that derive from the major religions of the world and to neo-traditional movements, movements often overlooked in the study of NRMs. In addition to the coverage of particular movements there are also entries on topics, themes, key thinkers and key ideas, for example the New Age Movement, Neo-Paganism, New Religion and gender, NRMs and cyberspace, NRMs and the law, the Anti-Cult Movement, Swedenborg, Jung, Teilhard de Chardin, Lovelock, Gurdjieff, al-Banna, Qutb. The marked global approach and comprehensiveness of the encyclopedia enable an appreciation of the innovative energy of NRMs, of their extraordinary diversity, and the often surprising ways in which they can propagate geographically. The most ambitious publication of its sort, the *Encyclopedia of New Religious Movements* is a major addition to the reference literature for students and researchers of the field in religious studies and the social sciences. Entries are cross-referenced with short bibliographies for further reading. There is a full index.

eileen caddy opening doors within: *From Homo Sapiens to Homo Deus* Pascalune HD, 2020-06-09 Duality begins with I. I am not this incarnated person. I am Conscience. I am ALL. There isn't on the one hand the Creator and on the other me, his creature. No, I am the Creator AND the creature. Separation is an illusion brought on by this apparently dual world. Untity is the only reality. I create my own experiences on this planet. When we know, beyond the shadow of a doubt, that we are the great Consciousness in the process of experimenting itself, Homo Deus may be incarnated in matter because we behave each day in the light of this unshakeable knowledge. This is reflected in our thoughts, in our words and actions. Thus, the elements that are needed to complete our evolution are anchored in our present moment and the metamorphosis may take place! You may have thought that the evolution of Homo Sapiens had reached it's term? Not so. Our evolution is still in progress... Soon, human beings shall enter an infinitely more majestic phase having as sole guide, Love, with the daily understanding and living out of our true nature. The result is guaranteed if you

fully and totally integrate each of the forty steps. Goal attained in forty steps.

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eileen caddy opening doors within: Nelson's Illustrated Guide to Religions James A. Beverley, 2009-05-17 A comprehensive introduction to the religions of the world analyzed from a Christian perspective Nelson's Illustrated Guide to Religions covers more than 200 religions, sects, and cults, most of them ones the reader might encounter on any given day. It is the most complete and up-to-date Christian guide to world religions. Perfect for the student as well as the layperson. Written by leading expert in religions, James A. Beverley.

eileen caddy opening doors within: *Flight into Freedom and Beyond* Eileen Caddy, 2002-10-01 An extraordinary story told by an ordinary woman. Eileen Caddy (1917-2006) is known worldwide as one of the three founders of the Findhorn Foundation in the north of Scotland. The books that have flowed from her inspiration have drawn multitudes to the Findhorn Community. In the recent, expanded edition of her autobiography, Eileen updated her story to record the events -- and emotions -- of some fifteen years. She emerges as a powerful elderwoman who frees herself from the aura of her charismatic ex-husband Peter whom she still loves. In doing so, she learns the true nature of forgiveness, overcoming the issues of jealousy, hatred and doubt involved in the break-up of a marriage for which she had, under God's guidance, sacrificed everything. Readers will be struck by the analogy with the biblical Job, how someone who has lost everything, wealth, position, family, can yet have them restored by God. In her own person, Eileen Caddy, divinely ordinary as she describes herself, has pushed the limits of the ordinary person's experience to the very borders of the Kingdom of God.

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eileen caddy opening doors within: Shamanic Teachings of the Condor Martha Winona Travers, 2024-04-30 • Presents the teachings of revered Ecuadorian Kichwa elder Taita Alberto Taxo as vivid, experiential journeys • Details how to return to intimacy with Nature and the natural world through communicating with the elements • Shares Andean shamanic practices and ceremonies for opening the heart, expanding consciousness, and shamanic journeying In this deep dive into South American shamanism, Martha Winona Travers shares the teachings and practices she learned during her 22 years as an apprentice to revered Ecuadorian Kichwa elder, Taita Alberto Taxo. Presenting Taita Alberto's teachings as vivid, experiential journeys, Travers allows you to immerse yourself in his direct, heart-centered wisdom as if you, too, were one of his shamanic apprentices. You will learn the ancient mystical traditions of the Andes, traditions saved by the elders specifically for these times. These traditions of healing invite human beings to return to intimacy with Nature and the natural world through initiating conversations with the elements, including the fifth, spiritual element, the Ushai. You will learn about the delicate dance of the Eagle (the mind) and the Condor (the heart), including how to reestablish the path of the heart to help bring the overactive mind into balance, the key to embarking on powerful shamanic journeys. You will visit sacred waterfalls, travel high up the active volcano Cotopaxi to a mountain lake for ceremony, experience the sounds carried on the wind in the mountains, see the Condor flying, and sit at night around the fire, listening to stories and laughter. As you journey together with Taita Alberto, you will begin to sense the fifth element Ushai being activated as the potent energy of spiritual transformation awakens within you. By experiencing Taita Alberto's profound mystical realizations through shamanic transmission, you will learn to express gratitude with each of the elements, leave behind those burdens you no longer need to carry, and discover how to fly higher in life.

eileen caddy opening doors within: *A Few Thoughts about the Course* Robert Brink, 2009-03 A Few Thoughts About the Course examines several key concepts from A Course in Miracles which show that our perspective on the world around us is mistaken. These key concepts are: the reversal of cause and effect; the belief that ideas can leave their source; and level confusion-which also

entails a belief that the mind is dependent on the body. According to A Course in Miracles, our perceptions resulting from the above phenomena show us a false picture. What leads to our acceptance of the misperceptions resulting from these three false concepts is perception of a state of separation (being separated from each other and separated from God). A Few Thoughts About the Course examines the keys to understanding how the false perspective of the perception of separation can be undone so we can return to a remembrance of our oneness with God and with all of God's creation. Robert Brink has avidly practiced and studied the content of A Course in Miracles since December of 1991. His lifelong dedication to Jesus' request in the gospels to seek first the kingdom of God is based on an understanding that seek first means it must be the highest priority in life. His unique perspective in this regard provides valuable insight into the spiritual nature of A Course in Miracles, which is also enhanced and enriched through the content of several other divinely inspired works: God Calling, God at Eventide, The Spirit of Findhorn, Opening Doors Within, The Living Word, and The Living Silence. The striking parallels shown between similar passages from these books and A Course in Miracles help illustrate the divine/spiritual nature of A Course in Miracles and also bear witness to the author's own close personal relationship with Jesus.

eileen caddy opening doors within: Stephen Lives Anne Puryear, 1997-04 The author discusses the life of her son Stephen who committed suicide at the age of fifteen, and relates messages she has received from him since his death, telling her why he took his own life and offering hope to other people who may be discouraged with their own lives.

eileen caddy opening doors within: Higher Purpose Robert Holden, Ph.D., 2023-11-07 Why are you here? What is life for? What are you meant to do? Robert Holden helps you go from looking for your purpose to living it. (Hint: It's not just about you.) The best book on purpose I've ever read! Accept this invitation to awaken to the very reason you're here on Earth. — Mike Dooley, New York Times best-selling author of Infinite Possibilities and Life on Earth How do I find my life's purpose? In the 10-year run of Robert Holden's call-in radio show, Shift Happens!, his listeners asked that question more often than any other, by far. It seems everybody is looking for their purpose, and yet we all struggle to recognize it and live it. In the paperback edition of Higher Purpose, Holden takes readers on an epic journey of self-discovery that includes the hero's journey with Joseph Campbell, Carl Jung's work on true vocation, Victor Frankl's search for meaning, a pilgrimage with St. Francis of Assisi, the poetry of Wordsworth and Rilke, and much more. The journey has four stages: The Call explores the calling inside you to live a more meaningful life. The Path helps you to realize what inspires you, what brings you alive, to follow your joy, and to do more of what you love. The Ordeal tackles the inner blocks, the road of trials, and challenges you must overcome to live your higher purpose. The Victory encourages you to not betray yourself, to sing your whole song, and to keep on saying YES to your soul's high adventure. In Higher Purpose, Holden explores three distinct levels of purpose: your unique purpose, a shared purpose, and the greater purpose of life. He offers inquiries, meditations, and journaling exercises to help you live your purpose every day. And he shares stories from his own life and conversations with a host of remarkable people—Maya Angelou, Louise Hay, Jean Houston, Matthew Fox, Robert Thurman, Caroline Myss, Andrew Harvey, Wayne Dyer, Oprah Winfrey, and more. I hope Robert Holden's beautiful books, like this one . . . keep reaching more and more people and aid their heart to unfurl. — Daniel Ladinsky, author of The Gift and The Subject Tonight Is Love

eileen caddy opening doors within: Coping with Anxiety Edmund J. Bournes, 2011-06-09 Want quick, effective and easy-to-learn solutions to problem anxiety? Coping with Anxiety offers the most effective strategies for overcoming the physical, mental, and emotional symptoms of anxiety, distilled into ten clear and simple solutions. Each of the ten solutions includes step-by-step exercises for combating a particular feature of anxiety, written in a concise, reader-friendly style. Each of the strategies provides something you can do in the moment, without having to work through the finer points of the most often used therapies for treating anxiety: cognitive therapy and desensitization. Theoretical text is limited to that information necessary for understanding the goal of the solutions, which include body relaxation, mental relaxation, facing fears, changing diet, turning

off worry, and much more.

eileen caddy opening doors within: *Carpooling with God* Loren T. Taylor, 2008-04 There are many pressures on everyone in the workforce. The desire to get ahead can push anyone to consider cutting a few ethical corners. You cannot truly measure yourself only by what you have achieved. More important is what you as a person have become in the process. *Carpooling With God* is a simple story written about a character named Jim Fletcher who inadvertently invites God to come to work with him. Jim is dissatisfied with his life and God appears as a special friend who helps him to point his life in the right direction. The book is divided into ten chapters, each one representing a step in the process and become the elements of a special prayer that readers are encouraged to take with them and read often as a reminder. Carpool with God each and every day and there is nothing that can stop you. Loren Taylor is President of his own consulting and invention business, Taylored Concepts, LLC., working closely with major companies in the U. S. and around the world. He has over 30 years of experience, largely as an executive in major corporations. He has worked for six companies in four industries, ranging in size from start-up to well over two billion dollars. Taylor experienced a strong Christian upbringing and remains a very active member of the United Methodist Church. Taylor has augmented his active involvement with his religion by attending many different types of religious services and by extensive and exhaustive study. Taylor was born in New Jersey, graduated from Albright College with an A. B. Degree and from Rutgers University with an M. B. A. in Marketing. He is married with two children and lives in New Jersey and is a very active Boy Scout leader.

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