

# With Your Own Two Hands Selfdiscovery Through

With Your Own Two HandsWith your own two handsLighten Up Your Body, Lighten Up Your LifeThe Art and Science of Hand ReadingSaying No and Letting GoThe Messiah and the JewsSecrets of a Soulful MarriageDreaming—The Sacred ArtPractical InterfaithLike a ChildThe American Music TeacherGod the What?Hand Work for Kindergartens and Primary SchoolsPassion for the PianoMuseumThe Development of Skill in Reading MusicCum Notis VariorumThe IntercollegianA + U, architecture and urbanismRevealing Hands Seymour Bernstein Seymour Bernstein Lucia Capacchione Ellen Goldberg DHL Rabbi Edwin Goldberg Elaine Rose Glickman Jim Sharon, EdD Lori Joan Swick, PhD Rev. Steven Greenebaum Rev. Timothy J. Mooney Carolyn Jane Bohler Jane Lincoln Hoxie Judith Oringer Larry Scripp Richard Webster

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for anyone who s ever suffered through music lessons or sat paralyzed with fear at the piano here s a master teacher s remarkable self help guide to realizing all your musical talents it s a tested practical program for conquering nervousness sharpening memory and concentration building coordination and flexibility for demolishing the stumbling blocks that every musician faces so that you can know the joy of making the best music you can all with your own two hands back cover

using drawing and writing exercises you can transform attitudes and beliefs that shape your body image and nurture and feed the hungry child within

a comprehensive guide to the inner psychology revealed by the hand details how to interpret the entire hand the shape of the palm and fingers mounts lines fingerprints flexibility nails and skin texture reveals the personality archetypes strengths and weaknesses connected with each of the seven mounts and how the rest of

the hand modifies these traits explains how lines change and the decisive influence of the person's own mind in healing defects found on the lines palmistry is a science and a universal language the hand tells a story about your talents relationships health and how you feel about yourself it reveals periods of ease or challenge in your life and it speaks about your weaknesses and the traits you need to develop as you change so do your hands reflecting the progress you have made in this comprehensive guide to hand reading based on ellen goldberg's 40 years of teaching palmistry and the western mystery tradition the authors make the powerful insights of the hand accessible in an inviting and user friendly manner the book presents the character traits and personality archetypes associated with each of the seven mounts of the palm and shows how to determine which are most influential in the nature of the individual the mount archetypes reveal the lifestyle love sex and marriage preferences the best career choices and the unique strengths and weaknesses for each person the book also examines other factors that enhance the qualities revealed by the mount types including the flexibility of the hand texture of the skin and the shapes of the fingers fingertips and nails the meaning of each major and minor line is described in detail as well as the influence the person's own mind has in healing defects and obstacles found on their lines the authors also provide accurate timing guides for each line making it possible to locate specific events and to see how your lines change over time presenting the hand as a guide to self fulfillment the art and science of hand reading incorporates correspondences to other mystical sciences such as astrology kabbalah the hermetic teachings and archetypal psychology it also includes practical examples and more than 600 illustrations to show how to integrate the meanings of each part of the hand to form a complete picture of your inner psychology and your ever changing destiny

an inspiring introduction to the most important lesson for today's busy world the take away is to take away all we can hope to accomplish by paying attention is to learn to live with the mystery become more comfortable with not knowing and try to enjoy life's uncertainty every day is a gift but we often squander it by missing what matters most from the introduction every day we are faced with choices that entail saying no and frankly we're not very good at it whether it's the desire to please get ahead accumulate or impress our lives have become so full and so busy that it is hard to determine what we really need and what's really important to us the purpose of this book is to help you regain control of the things that matter most in your life it taps timeless jewish wisdom that teaches how to hold on tightly to the things that matter most while learning to let go lightly of the demands worries activities and conflicts that do not ultimately matter drawing insights from ancient and modern sources it helps you identify your core values as well as the opportunities that do not reflect those values and that you can learn to pass up it also shows you how to establish a disciplined practice to help you adhere to your choices whether it's letting go of resentment learning to say no at work or to your loved ones downsizing your diet or asking less of the earth this book will help you distinguish between the trivial and the profound

a comprehensive inspiring and fascinating discovery of what jews believe about the messiah and why you might believe in the messiah too the conviction that the messiah is coming is a promise of meaning it is a source of consolation it is a wellspring of creativity it is a reconciliation between what is and what should be and it is

perhaps our most powerful statement of faith in god in humanity and in ourselves from chapter 1 the messiah is coming the coming of the messiah the promise of redemption is among judaism s gifts to the world but it is a gift about which the world knows so little it has been overshadowed by christian belief and teaching and as a result its jewish significance has been all but lost to further complicate matters jewish messianic teaching is enthralling compelling challenging exhilarating yet up until now woefully inaccessible this book will change that rabbi elaine rose glickman brings together and to life this three thousand year old tradition as never before rather than simply reviewing the vast body of jewish messianic literature she explores an astonishing range of primary and secondary sources explaining in an informative yet inspirational way these teachings significance for jews of the past and infuses them with new meaning for the modern reader both jewish and non jewish

the map to soulful love is locked within the secret chambers of your heart here is the key each of you holds the secrets of what really works in your relationship perhaps you have not thought about or expressed your secrets in reading this book and participating in soulful couples activities you are likely to tap into your dormant wisdom and gain the courage to unlock those secrets ready to go exploring from the introduction noted couples therapists jim and ruth sharon draw on over forty years of professional and personal experience to offer you useful perspectives tools and practices to cultivate a beautiful sacred relationship with your beloved combining insights from psychology the world s great spiritual wisdom traditions and the experiences of many kinds of committed couples the sharon s guide you to identify and replace unwanted habits with positive patterns master soulful communication reignite and sustain sacred intimacy achieve balance between your life as an individual and as a couple thrive as soulful partners while parenting build a lasting legacy of love and much more

awaken to the wonders of your dreamself and energize your spiritual potential for self understanding and self healing without a doubt people of all times and places have had the capacity to dream the sacred i write this book in a sincere effort to create space for us to share these dreams and to provide a practical guide to nurturing sacred dreaming as an art from the introduction sacred dreams those in which the dreamer experiences the immediate presence of or communication with the divine have shaped the spiritual history of humankind jacob s ladder dream joseph s dream verifying mary s virgin pregnancy and herod s plans to destroy the child siddhartha gautama buddha s auspicious dreams on his journey to enlightenment muhammad s night journey dream the pervasive power of the sacred dream is part of the scripture and lore of virtually all the world s religions this fascinating introduction to sacred dreaming celebrates the dream experience as a way to deepen spiritual awareness and as a source of self healing for people of all faith traditions or none includes practical step by step exercises in every chapter

interfaith as a faith a way to move past preaching about love and compassion to actually practicing them a commitment to interfaith is no small commitment nor is it an easy commitment but i do believe it can be a rewarding and healing one interfaith widens our world and if we let it interfaith frees us from the imprisoning shackles of one of the most debilitating of all human emotions fear of the other from chapter 6 the interfaith movement is taking root more and more of us are exploring it at the

same time interfaith finds itself at a crossroads where do we go now rev steven greenebaum not only suggests the faith of interfaith as a positive way forward but also offers a practical down to earth approach to a more spiritually fulfilling life in this accessible how to guide greenebaum addresses what it means to practice interfaith as a faith and why you might want to embrace it why you can choose interfaith as a faith and still keep your own spiritual tradition how to establish the necessary foundations to start an interfaith spiritual community how to choose the right minister for your interfaith community what you can expect as your community forms and grows and much much more along with offering resources such as interfaith liturgy and guides to interfaith church governance he includes the voices of members of the living interfaith church the community he founded to share their whys and hows of participating in an interfaith church

by breaking free from our misperceptions about what it means to be an adult we can reshape our world and become harbingers of grace in our desire to grow up mature become adults we become enamored with who we are supposed to be when we have finally grown up we realize much of who we really are has been left behind or buried under various masks and roles we play but the knowledge of who we truly are never leaves us to reclaim our selfhood we must grow up again and consciously embrace all that it means to be childlike from chapter 12 it takes a long time to become young by restoring the childlike ways of humility trust awe wonder playfulness and more we can recover a fuller picture of what it means to be human this unique spiritual resource explores what jesus may have meant when he said unless you change and become like children you will never enter the kingdom of heaven it addresses our modern misperceptions regarding the nature of maturity and the common coping mechanisms distrust guardedness insecurity judgmental thinking we acquire and feel we require in adulthood along with the wisdom of ancient and modern spiritual luminaries this book provides over twenty five spiritual practices to help us cultivate the childlike ways of attention self awareness joy and resilience in our inner lives as well as in our relationships with others

challenge our common images of god by blowing the lid off conventional god descriptors we do not have to let go of one sense of god to take up another neither do we need to go about challenging old metaphors what is crucial is to find a metaphor or two or six that creatively point toward what we believe from chapter 1 let carolyn jane bohler inspire you to consider a wide range of images of god in order to refine how you imagine god to have and use power and how god wills and makes divine will happen or not by tapping into your god given ability to re imagine god you will have a better understanding of your own beliefs and how you god and the world relate to each other wonderfully fresh and down to earth bohler uses playful images moving stories and solid scholarship to empower you to break free of old habits and assumptions whatever your faith tradition she encourages you to explore new names for god that are not only more consistent with what you believe but will also deepen and expand your experience of god think about god the choreographer of chaos god the nursing mother god the jazz band leader god the divine blacksmith god the divine physical therapist god the team transformer and more

this book is a collection of keyboard fact and falderal designed to entertain and educate those who play tune teach sell or love the instrument provides historical background including its fateful invention by bartolomeo cristofori an eighteenth century florentine instrument maker the piano s kaleidoscopic evolution from its forerunners the harpsichord and clavichord to today s concert grand and synthesizer and the development of piano craftsmanship and manufacturing includes practical information piano lore and advice covering how to shop for a new or secondhand piano how to compare the quality and playing potential of master brands how to fix sticky keys scratched cases broken strings and other piano ailments where to find a reliable tuner music schools and conservatories and how to soundproof your room or apartment in addition this book is a celebration of america s love affair with the piano ranging from firsthand accounts by piano makers conservatory teachers competition judges and restorers to humorous and revelatory anecdotes about such stars as artur rubinstein lorin hollander ruth laredo liberace claude bolling teddy wilson and herbie hancock who tell you what inspired them to play practice and perform lastly this book has a mix of quizzes questionnaires and quicky facts highlighting the piano in literature film and politics and amazing piano feats by mozart clara schumann and rachmaninoff

a quarterly review

as soon as you complete the first chapter you can begin reading palms with confidence and expertise a professional palmist and teacher leads you step by step through the subject with clear explanations and life size hand drawings that highlight the points being covered he provides sample scripts that can serve as a foundation for your readings and he answers common questions

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