



Modern Psychology and Ancient Wisdom: Psychological Healing Practices from the World's Religious Traditions

Sharon G. Mijares, Neil Douglas-Klotz, Dwight Judy, Sheldon Kramer, Stephen G. Gilligan

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Harness the psychospiritual healing potential of prayer, meditation, breathing, and more! This thoughtful anthology illuminates ancient ways of psychospiritual healing. Research has shown the healing potential of prayer, meditation, controlled breathing, and other timeless spiritual disciplines. This extraordinary book brings together experts who explore these concepts from the perspectives of Christianity, Buddhism, Sufism, the Goddess tradition, Judaism, Native American spirituality, Taoism, and Hinduism/Yoga. In *Modern Psychology and Ancient Wisdom: Psychological Healing Practices from the World's Religious Traditions*, you'll discover ancient techniques used by teachers, guides, and practitioners through the ages to facilitate psychological healing. Each chapter of this unique book presents a unique and distinctive view of psychospiritual practice and demonstrates its healing applications. With it, you will explore:

- the Buddhist concept of Brilliant Sanity and how to help clients reconnect to it through several specific practices
- ways of accessing the healing power of Christ as employed by various denominations
- a remarkable collection of metaphors in the Goddess tradition to help in the healing process for battered and abused women
- Kabbalistic (Jewish mystical) paths to healing
- Native American healing rituals and tales
- Sufi stories, poetry, and practices--dance, sound, breathing, turning, walking meditation, and remembrance--that encourage the healing process
- health and healing resources from the Taoist tradition, including wu-wei (effortless effort), acupuncture, diet and nutrition, and meditation
- Hindu yoga techniques that employ physical postures, mantric sound, and breath control
- and much more!

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