

# LEARNING TO FALL



*The  
Blessings  
of an  
Imperfect  
Life*

PHILIP SIMMONS

# Learning To Fall The Blessings Of An Imperfect Life

**Holly W. Whitcomb**



## **Learning To Fall The Blessings Of An Imperfect Life:**

**Learning to Fall** Philip Simmons, 2003-04-29 A reflective eloquent and inspiringly written The New York Times collection of essays about learning to live richly in the face of loss Astonishing sometimes heartbreaking sometimes hilarious The Boston Globe WINNER OF THE BOOKS FOR A BETTER LIFE AWARD S BEST SPIRITUAL BOOK Philip Simmons was just thirty five years old in 1993 when he learned that he had ALS or Lou Gehrig s disease and was told he had less than five years to live As a young husband and father and at the start of a promising literary career he suddenly had to learn the art of dying Nine years later he succeeded against the odds in learning the art of living In this surprisingly joyous and spirit renewing book he chronicles his search for peace and his deepening relationship with the mystery of everyday life From our first faltering steps Simmons says we may fall into disappointment or grief fall into or out of love fall from youth or health And though we have little choice as to the timing or means of our descent we may as he affirms fall with grace to grace With humor hard earned wisdom and a keen eye for life s lessons whether drawn from great poetry or visits to the town dump Simmons shares his discovery that even at times of great sorrow we may find profound freedom And by sharing the wonder of his daily life he offers us the gift of connecting more deeply and joyously with our own *Learning to Fall* Philip E.

Simmons, 2000 **Henri Nouwen and Spiritual Polarities** Wil Hernandez, 2012 Highlights the tension filled nature of our journey and shows us via Nouwen s example how we too can navigate our way through it in a transformative way *Falling Awake* Jon Kabat-Zinn, 2018-08-07 Think you have no time for mindfulness Think again Thoughtful and provocative The relevance of this work is unquestionable as it leaves us inspired and optimistic that true healing really is possible Sharon Salzberg For four decades Jon Kabat Zinn has been teaching the tangible benefits of meditation in the mainstream Today millions of people have taken up a formal mindfulness meditation practice as part of their everyday lives But how do you actually go about meditating What does a formal meditation practice look like And how can we overcome some of the common obstacles to incorporating meditation into daily life in an age of perpetual self distraction *Falling Awake* directly answers these urgent and timely questions Originally published in 2005 as part of a larger book titled *Coming to Our Senses* it has been updated with a new foreword by the author and is even more relevant today Science shows that the tangible benefits of a mindfulness meditation practice are impossible to ignore Kabat Zinn explains how to incorporate them into our hectic modern lives Read on for a master class from one of the pioneers of the worldwide mindfulness movement

**Speaking to the Soul** Vicki K. Black, 2009-09 The flourishing website EpiscopalCafe.org produced by the Diocese of Washington attracts several thousand visitors a day Its popular column *Speaking to the Soul* which contains a concise well developed spiritual reflection for every day of the year draws from many different sources including scripture church history saints biographies books of prayers liturgies and ancient and contemporary theologians and spiritual writers This daily reader grew out of that column It follows the Episcopal Church s liturgical seasons and includes observation of major feast

days as well as saints days The reading for a particular saint s day might be taken from the saint s writings prayers or biography or might develop a theme such as martyrdom or growth in the spirit Other readings focus on particular emphases of the seasons the Incarnation during Advent and Christmas spiritual disciplines during Lent or speak more generally to the Christian life prayer discipleship ministry the sacraments conflict and reconciliation and so on Readings are taken from every century of the church s life with particular attention to how the writings and experiences of earlier Christians can shed light on the difficulties joys and concerns of the church today Excerpts are long enough to give a satisfying and complete context of the writer s intended meaning

**Is There a God in Health Care?** William F. Haynes, Geoffrey B. Kelly, 2010-07-01 In this book a physician well known for praying with his patients and an award winning professor of theology share their insights on how religious faith can provide help in the healing process of today s health care ministry The authors avoid rehashing analytical theories on suffering and the miracles of healing they may have seen instead examining how personal faith can enhance the immune system how a spiritual outlook can help bear the burden of suffering and grief and how forbearance and forgiveness are crucial in maintaining a healthy attitude toward life

**My Buddha Wears Bifocals** Kathleen Mary Sands, 2012-10-17 what we know is that it is not the outcome that determines how or why we come to love our story We do so not because of the blessings and joys we have known nor in spite of the misfortune and hardships we have endured We come to love our story if we are lucky precisely because it is our own form

**My Buddha Wears Bifocals** **Exploring** Richard S. Gilbert, 2005

Finding Hope and Meaning in Suffering Trystan Owain Hughes, 2012-04-10 Everyone suffers at some time or other it s simply a part of life But however bad things seem we are never completely helpless For the deeply affirming truth is that we can choose how to respond to adverse circumstances Trystan Owain Hughes suggests that learning how to suffer and how to wait patiently may be the secret of finding joy in our lives Diagnosed with a degenerative spinal condition he was surprised to discover that instead of increasing his unhappiness it spurred him on to seek out sources of hope and meaning The book opens by encouraging us to take a step back from our anxieties and worries and rest in the love of God We then explore five areas where that love may be found in the midst of pain in nature memory art laughter and other people By becoming conscious of the echoes of the transcendent in these areas we will gain new strength And paradoxically through facing our suffering learn to truly live

**Mindfulness for All** Jon Kabat-Zinn, 2019-02-05 More than twenty years ago Jon Kabat Zinn changed the way we thought about awareness in everyday life with his now classic introduction to mindfulness *Wherever You Go There You Are* He followed that up with 2005 s *Coming to Our Senses* the definitive book for our time on the connection between mindfulness and our well being on every level physical cognitive emotional social planetary and spiritual Now *Coming to Our Senses* is being repackaged into 4 smaller books each focusing on a different aspect of mindfulness and each with a new foreword written by the author In the fourth of these books *Mindfulness for All* which was originally published as Part VII and Part VIII of *Coming to Our Senses* Kabat Zinn focuses on how mindfulness really can be a

tool to transform the world explaining how democracy thrives in a mindful context and why mindfulness is a vital tool for both personal and global understanding and action in these tumultuous times By coming to our senses both literally and metaphorically we can become more compassionate more embodied more aware human beings and in the process contribute to the healing of the body politic as well as our own lives in ways both little and big

**Three Mystics Walk into a Tavern** James C. Harrington, Sidney G. Hall III, 2015-02-11 In *Three Mystics Walk into a Tavern* Jalal ad Din Rumi Moses de Le n and Meister Eckhart three of the greatest mystics of all time meet in Venice for an imaginary night long conversation that will inspire everyday individuals of the twenty first century to find their own spirituality and realize that everyone can be a mystic Although the mystics came from different backgrounds and religious traditions Islam Judaism and Christianity their spiritual paths led them to similar understandings of a union with the Divine The three mystics have a timeless and timely message for people who walk the earth eight centuries after they did no matter an individual s religious background or even if they have none It is a message of connecting with the divine spark deep within us and within the universe

*Counting Our Losses* Darcy L. Harris, 2011-01-19 This text is a valuable resource for clinicians who work with clients dealing with non death nonfinite and ambiguous losses in their lives It explores adjustment to change transition and loss from the perspective of the latest thinking in bereavement theory and research The specific and unique aspects of different types of loss are discussed such as infertility aging chronic illnesses and degenerative conditions divorce and separation immigration adoption loss of beliefs and loss of employment Harris and the contributing authors consider these from an experiential perspective rather than a developmental one in order to focus on the key elements of each loss as it may be experienced at any point in the lifespan Concepts related to adaptation and coping with loss such as resilience hardiness meaning making and the assumptive world transcendence and post traumatic growth are considered as part of the integration of loss into everyday life experience

**Clinician's Guide to Self-Renewal** Robert J. Wicks, Elizabeth A. Maynard, 2014-03-13 Providing clinicians with advice consistent with the current emphasis on working from strengths to promote renewal this guide presents a holistic approach to psychological wellness Time tested advice is featured from experts such as Craig Cashwell Jeffrey Barnett and Kenneth Pargament With strategies to renew the mind body spirit and community this book equips clinicians with guidance and inspiration for the renewal of body mind community and spirit in their clients and themselves

**You Can't Put God in a Box** Kelly Besecke, 2014 Kelly Besecke offers an examination of reflexive spirituality a spirituality that draws equally on religions traditions and traditions of reason in the pursuit of transcendent meaning People who practice reflexive spirituality prefer metaphor to literalism spiritual experience to doctrinal belief religious pluralism to religious exclusivism or inclusivism and ongoing inquiry to final answers Reflexive spirituality is aligned with liberal theologies in a variety of religious traditions and among the spiritual but not religious *You Can t Put God in a Box* draws on original qualitative data to describe how people practiced reflexive spirituality in an urban United Methodist church an

interfaith adult education center and a variety of secular settings The theoretical argument focuses on two kinds of rationality that are both part of the Enlightenment legacy Technological rationality focuses our attention on finding the most efficient means to a particular end Reflexive spiritualists reject forms of religiosity and secularity that rely on the biases of technological rationality they see these as just so many versions of fundamentalism that are standing in the way of compelling spiritual meaning Intellectual rationality on the other hand offers tools for analysis interpretation and synthesis of religious ideas Reflexive spiritualists embrace intellectual rationality as a way of making religious traditions more meaningful for modern ears Besecke provides a window into the progressive theological thinking of educated spiritual seekers and religious liberals Grounded in participant observation her book uses concrete examples of reflexive spirituality in practice to speak to the classical sociological problem of modern meaninglessness

**Community Health Nursing** Karen Saucier Lundy, Sharyn Janes, 2014-12 Community Health Nursing Caring for the Public's Health Third Edition focuses on teaching nursing students about population health and community health nursing

*Snowstruck* Jill Fredston, 2007 Every year around the globe people cross paths with avalanches some massive some no deeper than a pizza box with deadly results Avalanche expert Jill Fredston stalks these so called freaks of nature forecasting where and when they will strike deliberately triggering them with explosives teaching potential victims how to stay alive and leading rescue efforts when tragedy strikes In *Snowstruck* Fredston draws on decades of personal experience to take avalanches out of the statistical realm and into the human one Skiing Magazine a skier making what may prove his final decision a victim buried so tightly that he can't move a finger rescuers racing both time and weather forecasters treading the line between reasonable risk and danger Fredston brings to life the awesome forces of nature that can turn the mountains deadly and the equally inexorable forces of human nature that lure us time and again into treacherous terrain

*Lost in Wonder* Esther De Waal, 2014-07-30 Combining monastic Celtic and desert traditions this title offers a practical guide to finding God through the everyday circumstances of life Seemingly small insignificant things then become windows through which the light of Christ can shine

*Peace Within* Shirley Horn, Janet Manning, 2006-06 From the Forward by Thomas Shepherd *Peace Within* introduces new voices to the world of spiritual literature All the stories poems and spiritual journeys you will encounter in this volume have a common denominator each contributor was willing to risk whatever it took to find balance and harmony in their lives expressed in the simple phrase *Peace Within* Although life may not always be joyful people who find that axis of spiritual integrity within and stay centered upon it soon discover that nothing which happens in life can disturb their peace Now more than ever humanity needs to grow up to enter a new phase of life Our new millennium requires a renewed consciousness of the potentiality within every sentient being The search for new consciousness has found some guiding voices in the book you hold in your hands In this profound collection of stories learn how each author has found a deep sense of inner peace often in the face of extraordinary circumstances Your mind and heart will be quickened as you read these stories of courage and commitment

May you find that peace is contagious and may you catch it here Wayne Manning Life and Business Coach Manning Consulting Auburn CA Each story has an unmistakable sense of peace love and joy in some mixture and balance Each person found their own way to this treasure in their own timing Their stories are not only inspiring and informative they are critical to our future M Marylou Palmer Certified Transitional Ministry Specialist Unity of Beaverton OR *The Practice of Finding* Holly W. Whitcomb, 2019-02-07 Seeking is in vogue these days Many of us are continually even obsessively striving and seeking for something or other But are we ever satisfied What is enough Holly Whitcomb presents the spiritual practice of finding as the antidote to chronic seeking and as the doorway to a grateful awareness of having received enough She reflects on wisdom distilled by the finders poets playwrights psychologists and theologians and derived from her own experience When we engage in finding we recognize with humility and wonder that the universe contains possibilities beyond our power to imagine The Practice of Finding is an inspiring guide to that journey of discovery **Ten Thousand Crossroads** Balfour Mount, 2021-01-16 Recognized as the father of palliative care in North America Balfour Mount facilitated a sea change in medical practice by foregrounding concern for the whole person facing incurable illness In this intimate and far reaching memoir Mount leads the reader through the formative moments and milestones of his personal and professional life as they intersected with the history of medical treatment over the last fifty years Mount's lifelong pursuit of understanding the needs of dying patients began during his training as a surgical oncologist at Montreal's Royal Victoria Hospital in the 1960s He established the first comprehensive clinical program for end of life care in a teaching hospital in 1975 at McGill University's Royal Victoria Hospital thus leading the charge for palliative medicine as a new specialty His journey included collaboration with two storied healthcare innovators British hospice pioneer Dame Cicely Saunders and American psychiatrist Elisabeth Kubler Ross leading to a more fulsome understanding of the physical psychosocial and existential or spiritual needs of patients their families and their caregivers in the health care setting This compelling narrative documents how the Royal Vic team became internationally recognized as effective advocates of quality of life at the crossroad between life and death From meetings with Viktor Frankl the Dalai Lama and other teachers to a memorable telephone chat with Mother Teresa Mount recalls with appreciation humour and humility the places and people that helped to shed light on this universal human experience

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