

# **Creating A Spiritual Legacy How To Share Your Stories Values And Wisdom**

David E. Balk, Tracy Wong, Janet R. Balk

## **Creating A Spiritual Legacy How To Share Your Stories Values And Wisdom:**

Creating a Spiritual Legacy Daniel Taylor, 2011-10 A beloved author and storyteller shows how ordinary people can preserve and pass on their wisdom values and spiritual legacy to loved ones Our Wisdom Years Charles Garfield, 2020-06-02 Psychologist and best selling author Charles Garfield shares an uplifting vision as he takes us on a journey of a lifetime Some of the most profound growth of our lives can happen in the home stretch the years after age sixty or so It s a time when we can finally crystallize the meaning of what we ve been and done and fully expand into the self we ve always intended to be But says psychologist Charles Garfield that can only happen if we first loosen the grip of the life we ve led so far the one that s been focused outwardly on activity achievement and the idea of success and let our souls lead the way In Our Wisdom Years Dr Garfield skillfully and practically guides readers through nine tasks that can transform the struggles of aging bringing fulfillment joy and serenity Drawing on the understandings that come from both his work as acclaimed success guru in the 1980s and the truths distilled from volunteering with those at the end of life Garfield offers a fresh uplifting vision of the wholeness that awaits us Dr Garfield shares how we can gracefully let go of the younger selves we ve been and walk through the opening that keeps beckoning toward this soul driven version of later life He encourages us to take the risk of being fully alive as our years pass This is no small task aging is not for the faint of heart The beautiful paradox of growing older is that none of the gifts of age are available without the kind of loss that forces us to confront mortality in a way we can t deny In the face of loss we re changed and expanded by truths that come from the heart not the mind We learn that we re more than our bodies part of something much larger than we are and that love and kindness matter Play. Tell. Be. Sarah Agnew, 2025-08-26 Since childhood days playing the recorder in worship Sarah Agnew most of all has been invited to lead her church communities What do others see and feel that they choose to follow her Trust in a playful process in the magic of failing Trust in and deep listening to Sacred and human stories Trust in Sacred Presence and the profound gift of turning up to be with each other While outside voices celebrated leadership as being charisma driven in a CEO style Agnew knew herself to be an artist creative alternative Personally as chronic pain and illness grow ever dominant Agnew knows herself to need a slower gentler pace Playfully with creativity this book tells a story of becoming of developing a Rule of Sacred Presence telling one person's story in order to encourage yours Conducting Wellness Groups for Veterans and Older Adults Victoria L. Bacon, Kristen Anderson, Maureen Boiros, 2022-09-20 Conducting Wellness Groups for Veterans and Older Adults The Legacy Model offers an innovative wellness group model for mental health practitioners Two curricula developed by the authors are explored the Process Focused Legacy Group curriculum for members who are high functioning and motivated adults and the Activity Based Legacy Group curriculum tailored for persons with disabilities and or cognitive impairments Detailed steps prompts and legacy activities are provided for each stage for both curriculum formats This book provides clinical examples from the facilitator's group experiences using the Legacy Model The appendices provide

further detailed resource materials that include descriptions of potential legacy projects and a vast assortment of legacy activities This book is essential for mental health practitioners mental health counselors marriage and family therapists social workers and psychologists interested in conducting Legacy Groups with veterans and older adults Expressing Theology Jonathan Roach, Gricel Dominguez, 2015-07-14 Have you ever picked up a volume of theology read the first page and decided you would rather scrub the bathroom floor than read another page Theology does not need to be abstract dull boring tedious dense inconsequential trivial remote immaterial or unimportant Theology should not leave readers feeling bewildered and lost Expressing Theology challenges writers of theology to craft engaging compelling and beautiful prose that grabs readers attention and makes reading a pleasure Expressing Theology provides writers of theology academics aspiring and published with perspectives and writing techniques to write theology that readers want to read Past Present Scott Vaudrev. MD,2020-07-28 Past Present shows readers how to change destructive relationship patterns by identifying the root issues from their pasts and finding the source of healing for their unique stories No matter where we are in life both our greatest joys and our deepest heartaches are linked to the people in our lives family friends or coworkers And each of us brings both beauty and brokenness into relationships The origins of our beauty and our brokenness often can be traced to the patterns of relating we learned when we were young We relate to others in ways that reflect the distorted messages we heard and internalized earlier in life The good news is this we don't have to remain stuck in these patterns In Past Present Scott Vaudrey equips us with tools and a strategy to identify the messages we ve internalized both as children and as adults from the influential people in our lives refute and repair the distorted messages that led to unhelpful patterns now holding us back and recognize the productive messages we ve internalized and maximize the strengths they built into us along the way We can t undo yesterday But we can do the rest of our lives better Christ-Shaped Character Helen Cepero, 2014-04-07 What are the pathways that lead us to God In this book Helen Cepero leads you through the journey beginning with three ways of love then three ways of continuing in faith and then lastly three ways of living in hope These nine pathways will lead you into deeper life with Christ A Professional's Guide to Understanding Trauma and Loss David E. Balk, Tracy Wong, Janet R. Balk, 2023-06-05 The purpose of this book is to provide vital information regarding loss and trauma to practicing counselors and therapists Trauma and loss are pervasive presenting problems many counselors and therapists possess scant understanding of trauma and loss and little if any attention is paid to trauma or to loss in the graduate training of clinical psychology and counseling psychology students The book is organized into four sections which cover an overview of loss and trauma key conceptual frameworks for understanding loss and trauma review of several types of events producing trauma and loss and interventions addressing loss and trauma A key contribution of the book is the focus on losses caused by death and losses due to other reasons The contributions to practice include the overview of what is known about trauma and about loss examination of several frameworks for organizing both understanding of and working with traumatized and bereaved

clients rich descriptive cases of individuals coping with various traumatic events and the losses embedded in the trauma and presentation of various interventions including changes that can be made in the graduate education of practitioners

Spirituality for Youth-Work Phil Daughtry, 2016-09-23 This book addresses a systemic gap in existing studies on human services and youth work While the notion of spirituality does make rare appearances in such literature it is often vaguely defined and underdeveloped both as a concept and as a mode of practice This ambiguity is symptomatic of the broader shift in the sociological context of Western and global societies that has been referred to variously as post modern late modern and post secular From the perspective of the relationship between human development and the spiritual theological we live in a time between times We have not yet worked out how to speak of spirit nor how to include its meanings in positive youth intervention and developments in our language for a public spiritual consciousness remain in a state of cultural flux This book offers a coherent vocabulary and narrative from which to construct a more explicit and deliberate practice of spiritual care education and professional identity for youth workers It speaks directly to youth work practitioners managers of youth services those providing youth work education and anyone with an interest in youth and spirituality research and practice

**Final Acts** Gerry Cox,Robert Stevenson,2016-12-05 The editors undertook this project to promote the International Conference on Death Grief and Bereavement in La Crosse Wisconsin USA Throughout its history the conference has attracted internationally known speakers This book illustrates the quality of their presentations

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