

The Tao of Recovery

— A Quiet Path to Wellness —



Jim McGregor

The Tao Of Recovery

Michael A. West



The Tao Of Recovery:

The Tao of Recovery Jim McGregor, 2014-09-01 The friends and family of a drug or alcohol addict are often left out of the recovery process The timeless wisdom of the Tao has been adapted to gently change those who are suffering into peaceful healthy self confident humans ready to fully rejoin life in a serene and harmonious way *The Tao of Sobriety* David Gregson, Jay S. Efran, 2007-04-01 The Tao of Sobriety shows how to apply eastern philosophy to enhance recovery from addiction to alcohol and other drugs With a few simple mental exercises readers can learn how to quiet The Committee those nasty mental voices that undermine serenity and self esteem With leaders of the recovery movement enthusiastically endorsing this uniquely helpful book The Tao of Sobriety is an invaluable addition to the recovery bookshelf **The Tao of Recovery** Jim McGregor, 1992-01-01 A Taoist guide to recovery from addiction teaches readers how to employ the Twelve Step program to let go control desire find acceptance learn to trust find hope in a the world and more **The Tao of Recovery** Jerry L., 2004 This book is a re working of Lao Tsu s Tao Teh Ching utilizing the language and experience of recovery It is a modern day guide using the ancient wisdom of the Tao Teh Ching for people recovering from addiction Suitable for members of 12 Step Recovery programs their significant others and professionals in the field *Tao of Recovery* Jim McGregor, 1994-03-01 *The Tao of Addiction and Recovery* Mantak Chia, Doug Hilton, 2025-11-11 Systematically explains the nature and development of addictions the process of recovery and how the Tao Te Ching can provide guidance Provides easy to perform Chi Kung practices to aid with recovery specifically for challenges that don t respond to mainstream treatment Describes Taoist Emotional Recycling to heal stuck emotions about the past and address the urges and attitudes that often cause relapse This book explores addiction and recovery from a Taoist viewpoint offering a path to healing rooted in ancient Chi Kung practices and principles from the Tao Te Ching Emphasizing the eternal balance of yin and yang the authors show that addiction clogs up the body s yin centers hindering one s ability to process energy effectively and propagating a pattern of stuck behaviors The authors provide a systematic approach that has been refined over 5 000 years of easy to perform Chi Kung exercises that help rebalance the body identify the root causes and traumas that fuel addiction and address the attitudes and urges that cause relapse Through these holistic organ and body centered practices readers can develop healthy sleeping patterns eliminate brain fog reduce joint pain and develop willpower Readers are also guided in Taoist Emotional Recycling to heal stuck emotions about the past and transform negative energy into positive energy to ensure recovery and return to a state of wholeness **The Zen of Recovery** Mel Ash, 2014-07-29 A practical synthesis of AA s Twelve Steps and Zen s Eightfold Path In this compelling blend of East and West Mel Ash shows how Zen mind and practice connect to the heart of recovery Courageously drawing from his lifetime of experience as an abused child alcoholic Zen student and dharma teacher Ash presents a practical synthesis of Alcoholics Anonymous s Twelve Steps and Zen s Eightfold Path You don t have to be Buddhist to appreciate the healing power of The Zen of Recovery The

book makes Zen available to all seeking to improve the quality of their spiritual and everyday lives It also includes practical instructions on how to meditate and put the book into action Its message will help readers live more profoundly one day at a time

The Recovery of Mission Vinoth Ramachandra,2002-10-03 In recent years the term religious pluralism has come to be used not only in a descriptive sociological sense but also as theologically prescriptive Within this new paradigm traditional Christian understandings of Christ conversion evangelism and mission have been radically reinterpreted The Recovery of Mission explores the pluralist paradigm through the work of three of its most influential Asian exponents Stanley Samartha Alousius Pieris and Raimundo Panikkar subjecting each to a theological and philosophical critique On the basis of biblical patristic and contemporary theological writings Vinoth Ramachandra argues for the uniqueness and decisiveness of what God has done for us in Jesus Christ Ramachandra seeks to show that many of the valid concerns of pluralist theologians can best be met by reappropriating the missionary thrust at the heart of the gospel The book ends with suggestions challenging to pluralists and conservatives alike as to how the gospel needs to be communicated in a multifaith world

The Recovery of Self Kevin Fauteux,1994 Sigmund Freud believed that regression to primitive behavior was a pathological escape from reality However all religions in some manner or another have urged their adherents to return to a simple way of being Some have declared child like behavior to be a high form of holiness So is religion pathological or not Or better yet how and when does religious regression support psychological growth and when does it not The Recovery of Self is a pioneering study of regression in religious experience It maintains that certain kinds of regression offer opportunities to confront unresolved childhood processes and repair them Just as an artist may be put in touch with his or her primal self during the creative process so a religious seeker can journey backward into primitive modes of being and recover there a sense of original unity which when carried into the present can be redemptive and transforming

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[The Psychology of Meditation](#) Michael A. West,2016 In the past 20 years meditation has grown in popularity across the world practised by the general public as well as by an increasing number of psychologists within their daily clinical practice This book explores the practice of meditation and mindfulness providing accounts of the cognitive and emotional processes elicited in in meditation

Recovery—The Sacred Art Rabbi Rami Shapiro,2013-10-19 Deepen Your Capacity to Live Free from Addiction and from Self and Selfishness Twelve Step recovery is much more than a way to escape the clutches of addictive behaviors Twelve Step recovery is about freeing yourself from playing God and since almost everyone is addicted to this game Twelve Step recovery is something from which everyone can benefit from the Introduction In this hope filled approach to spiritual and personal growth the Twelve Steps of Alcoholics Anonymous are uniquely interpreted to speak to everyone seeking a freer and more God centered life This special rendering makes them relevant to those suffering from specific addictions alcohol drugs gambling food sex shopping as well as the general addictions we wrestle with daily such as anger greed and selfishness Rami Shapiro describes his personal experience

working the Twelve Steps as adapted by Overeaters Anonymous and shares anecdotes from many people working the Steps in a variety of settings Drawing on the insights and practices of Christianity Judaism Buddhism Taoism Hinduism and Islam he offers supplementary practices from different religious traditions to help you move more deeply into the universal spirituality of the Twelve Step system

Powerless But NOT Helpless Buddy C.,2021-07-15 Like a child who receives a gift but plays with only the box we possessed sobriety the entire time and did not know it v17 Buddy C If you are reading this you or someone you love is probably dealing with a life controlling addiction even though they have tried to break free The author Buddy C wrestled with the same dilemma Years of heartfelt efforts poured into a black hole only to return to a destructive lifestyle Buddy tried the twelve step recovery process but found surrendering to a power greater than ourselves undefinable and even unattainable Others shared his challenge of finding a God of our understanding as well Like himself they were sincere people searching for relief but did not fit within the common solution of AA For many in recovery traditional views of a Higher Power do not resonate This dissonance left Buddy feeling hopeless As a result Buddy C entered a cycle of recovery and relapse for over six years Searching the world's religions for answers Buddy discovered a healing way of life that connected with his needs The revealed Taoist philosophies were not only close to other principles he had learned in recovery but resonated with his experience growing up as a Christian attending church in the south The Tao Te Ching by Lao Tzu opened a path to his recovery that traditional methods had not been able to do Once Buddy utilized these principles he discovered that when applied daily Taoism also opened a path that healed other aspects of his life What is this pathway Who is Lao Tzu How does Taoist philosophy describe a higher power Find all these answers and more in this book A life free from addiction is just a page turn away

The Way Within Without Recovery Edition: A Modern Tao Te Ching Interpretation For Healing, Presence, and Recovery Miguel J Rios,2025-07-19 Break free Heal deeply Live fully A daily guide for addiction recovery and trauma healing through uniting wisdom reflection and mindfulness meditation Build resilience and emotional healing with practical steps A steady companion and sobriety workbook for lasting change where healing from trauma and spiritual healing become one path forward Praise for The Way Within Without Recovery Edition The Way Within Without Recovery Edition isn't a guide to fixing yourself It's not a checklist for perfect sobriety or a promise of instant enlightenment It's something quieter Slower Maybe even more honest Whether you're newly sober years into recovery or simply learning to sit with your own humanity these verses remind us that healing isn't about becoming someone else It's about remembering who you've always been beneath the fear and noise Eric Zimmer host of The One You Feed At long last a book for those in recovery that incorporates the generative wisdom of the Tao the core of gentleness and the subtlest practices of letting go Through grounded paradox and ancient poetry we are invited to be held by centuries of insights reaching through time to hold us today Elena Brower bestselling author of Practice You Being You Softening Time and Hold Nothing Rios encourages stillness remembrance and belonging helping readers find their way home to themselves

Sharon Salzberg author of Lovingkindness and Real Life Use this book as a daily meditation a reflection journal companion or a steady guide on the lifelong path of mindful living **The Tao of Sobriety** Wes Layne,2023-09-26 In the second appendix of the book Alcoholics Anonymous p 570 third edition Bill Wilson identifies open mindedness as one of three essentials of recovery However in the context of the message he delivers throughout the book it seems that his idea of open mindedness is coming to believe the way he believes and that it s OK to then let your mind slam shut again Ironically one of the most valuable passages in the iconic section of the book known as How it Works Alcoholics Anonymous p 58 60 is his pointing out the value of letting go of old ideas The Tao of Sobriety is an exploration of the juxtaposition of those two seemingly contrasting concepts Not just accepting new ideas nor abandoning old ideas but finding the willingness to question all ideas The result of that is the incredible freedom of a radically altered perception and perspective of the world Wes Layne has no quarrel with those who find comfort in the Big Book often treated as word for word divine scripture by traditionalists nor does he take issue with Christian theology He merely offers a clear eyed examination of those themes in the Big Book that can bring confusion to a Westerner like me who intuits a truth a reality beyond the confines of a fundamentally biblical religious culture Matt H Las Vegas NV *The Recovery of Truth* Hermann Graf von Keyserling,1929 Alcoholics in Recovery Gail Carol Nelson,1991 **A Moral Recovery Program** Leticia V. Ramos-Shahani,1987 Communication in Recovery Lynette S. Eastland,Sandra L. Herndon,Jeanine R. Barr,1999 Drawing from the various 12 step group experiences chapters examine the meaning of the recovery experience the spiritual orientation of 12 step programs and ways that the group facilitates changes BOOK JACKET **Transformation and Recovery** Alex G. Brumbaugh,1994 The first book available describing the application of acupuncture to the treatment of substance abuse Three years in the making this important new book examines the reasons why acupuncture is so successful as an adjunct in the treatment of substance abuse in a variety of conventional drug treatment an analysis of conventional chemical dependency treatment models an extensive appendix including a thorough summary of all acupuncture research relevant to chemical dependency treatment A must for administrators clinicians alike Robert T Olander Director of Chemical Health Hennepin County Minnesota Sophisticated comprehensive practical Sensitive to the whole range of subtlety in the problem of addiction Michael Smith MD Director of Substance Abuse Lincoln Hospital New York founder of the National Acupuncture Detoxification Association In TRANSFORMATION RECOVERY Alex Brumbaugh has unified the addiction field drawing together a disparity of information from chemical dependency Chinese medicine rooting it in history Belle Muschinske Ph D New Mexico Department of Corrections 39 00 plus shipping from Stillpoint Press 133 E De La Guerra Ste 362 Santa Barbara CA 93101 To order 800 500 7577 *The Language of Recovery* Blue Mountain Arts,2000 Created by the bestselling poet and artist team of Susan Polis Schutz and Stephen Schutz this distinctive series of hardcover books has a perfect title for every customer Each book showcases a collection of verse and quotations by the world s most celebrated authors poets artists scientists

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