In this article, I explore the spiritual dimensions of running. I draw on theological and existential perspectives, athletic career research as well as post-sport ideologies to construct a multi-voiced representation of the spiritual meanings of endurance running current in Finnish running culture(s). Through narrative, analysis, reflexivity, interpretation and theorizing this study aimed to gain a deeper understanding of how distance runners negotiate dominant discourses on sport and exercise in the process of making running meaningful to them. In the analysis I examined the Finnish runner's magazine Juoksija for the years 2001-2010. Over this time span studied, I found a variety of data discussing the spiritual dimension of running, including editorials, interviews, columns and research-based popular articles. From these sources I selected 34 columns written by 17 different authors for an in-depth discourse analysis. In exploring the content of the magazine over the decade it be ...
By tapping into traditions of meditation and mindfulness, author and spiritual teacher Michael A. Singer shows how the development of consciousness can enable us all to dwell in the present moment and let go of painful thoughts and memories that keep us from achieving happiness and self-realization. The Untethered Soul has already touched the lives of countless readers, and is now available in a special hardcover gift edition with ribbon bookmark—the perfect gift for yourself, a loved one, or anyone who wants a keepsake edition of this remarkable book. The feature on bunions had to be moved to page two. I gave the Untethered Soul two stars because it has truly been an inspiration to me in finding creative ways to "let go." I have toned and strengthened my upper arms. Spiritual Awakening is, in essence, an initiation into expanded consciousness. Its a miraculous and life changing process But that does not mean its without its pitfalls. That gift first manifests as the ability to see the beauty and grace of the universe as it unfolds in your life. Often, you have to look back on something to see how it helped us, but in the creation stage you are merging more and more with the flow and the ability to see the perfection in all things; your need to label things as right and wrong, good and bad decreases. Following my lived experience, I understand my state of the dark night of my Soul better, thanks to you I see my spirituality grow and give you my confidence and share it around me. With the presence of our Angels receive light from the source. A spiritual journey is a journey you would take to find out who you are, what your problems are in life, and how to come to peace with the world. The purpose of a spiritual journey is rarely to find an answer; rather, it is a process of continually asking questions. This article will not tell you what your spiritual journey should look like, but will give you tools that you may find important in structuring your journey. Steps. Method 1. Setting Spiritual Goals. 1. Understand that your journey is yours alone. Everyone's spiritual journey, whether in response to difficult challenges or upl