

20th
Anniversary
with NEW
AFTERWORD

A HIDDEN WHOLENESS

•
The Journey
Toward
An Undivided Life
•

*Welcoming the Soul and Weaving Community
in a Wounded World*

Parker J. PALMER

Author of The Courage to Teach

A Hidden Wholeness The Journey Toward An Undivided Life Parker J Palmer

Parker J. Palmer



A Hidden Wholeness The Journey Toward An Undivided Life Parker J Palmer

A Hidden Wholeness Parker J. Palmer, 2022-08-24 In *A Hidden Wholeness* Parker Palmer reveals the same compassionate intelligence and informed heart that shaped his best selling books *Let Your Life Speak* and *The Courage to Teach*. Here he speaks to our yearning to live undivided lives, lives that are congruent with our inner truth in a world filled with the forces of fragmentation. Mapping an inner journey that we take in solitude and in the company of others, Palmer describes a form of community that fits the limits of our active lives. Defining a circle of trust as a space between us that honors the soul, he shows how people in settings ranging from friendship to organizational life can support each other on the journey toward living divided no more. This paperback edition includes two new and useful features. *Circles of Trust* is a DVD containing interviews with Parker J. Palmer and footage from retreats he facilitated for the Center for Courage Renewal (www.CourageRenewal.org). *Bringing the Book to Life* by Caryl Hurtig Casbon and Sally Z. Hare is a reader's and leader's guide to exploring the themes in *A Hidden Wholeness*. The DVD illuminates and illustrates the principles and practices behind circles of trust. The guide includes questions that connect the DVD to the book, offering a conversation with the author as well as an engagement with the text. Together these features give readers new ways to internalize the themes of *A Hidden Wholeness* and share with others this approach to sustaining identity and integrity in all the venues of our lives. Inspired by Palmer's writing and speaking and challenged by the conditions of twenty-first century life, people across the country from many walks of life have been coming together in circles of trust to reclaim their integrity and help foster wholeness in their workplaces and their world. For over a decade the principles and practices in this book have been proven on the ground by parents and educators, clergy and politicians, community organizers and corporate executives, physicians and attorneys and many others who seek to rejoin soul and role in their private and public lives. *A Hidden Wholeness* weaves together four themes that its author has pursued for forty years: the shape of an integral life, the meaning of community, teaching and learning for transformation, and nonviolent social change. The hundreds of thousands of people who know Parker Palmer's books will be glad to find the journey continued.

A Hidden Wholeness Parker J. Palmer, 2024-09-24 A wise, heartfelt and compelling guide to our quest for wholeness in a broken world. *A Hidden Wholeness* now in its 20th Anniversary Edition with a new Introduction by bestselling author Parker J. Palmer has helped people in every walk of life rise to the challenge of living divided no more. What leads us to live divided lives that defy our own sense of identity and integrity? When we do what price do we and the world pay? How can we recover the wholeness that is our birthright gift? Palmer examines the forces that deflect us from the soul's true north and gives us the tools we need to regain our bearings. Mapping an inner journey to be

taken in solitude and community Palmer explores perspectives and practices that can help us embody integrity in a world where it often feels risky to be who we are As we learn how to be present to others in spaces where it s safe for the soul to speak aka circles of trust we find ways to rejoin soul and role in our personal vocational and public lives Inspired by A Hidden Wholeness and by the work of the Center for Courage Renewal a nonprofit Palmer founded in the late 1990s tens of thousands of people have participated in circles of trust to deepen their sense of true self and contribute to the common good in the places where they live and work To support readers in developing these practices the book comes with an online Study Guide for Readers and Group Leaders including author videos available free at the Center s website In the midst of our broken world the principles and practices in this book can ground us in the hidden wholeness giving us a place to stand as we seek to live with deeper integrity at every level of our lives *A Hidden Wholeness* Palmer,2004-09-22 In A Hidden Wholeness Parker Palmer reveals the same compassionate intelligence and informed heart that shaped his best selling books Let Your Life Speak and The Courage to Teach Here he speaks to our yearning to live undivided lives lives that are congruent with our inner truth in a world filled with the forces of fragmentation Mapping an inner journey that we take in solitude and in the company of others Palmer describes a form of community that fits the limits of our active lives Defining a circle of trust as a space between us that honors the soul he shows how people in settings ranging from friendship to organizational life can support each other on the journey toward living divided no more This paperback edition includes two new and useful features Circles of Trust is a DVD containing interviews with Parker J Palmer and footage from retreats he facilitated for the Center for Courage Renewal www.CourageRenewal.org Bringing the Book to Life by Caryl Hurtig Casbon and Sally Z Hare is a reader s and leader s guide to exploring the themes in A Hidden Wholeness The DVD illuminates and illustrates the principles and practices behind circles of trust The guide includes questions that connect the DVD to the book offering a conversation with the author as well as an engagement with the text Together these features give readers new ways to internalize the themes of A Hidden Wholeness and share with others this approach to sustaining identity and integrity in all the venues of our lives Inspired by Palmer s writing and speaking and challenged by the conditions of twenty first century life people across the country from many walks of life have been coming together in circles of trust to reclaim their integrity and help foster wholeness in their workplaces and their world For over a decade the principles and practices in this book have been proven on the ground by parents and educators clergy and politicians community organizers and corporate executives physicians and attorneys and many others who seek to rejoin soul and role in their private and public lives A Hidden Wholeness weaves together four themes that its author has pursued for forty years the shape of an integral life the meaning of community teaching and learning for transformation and nonviolent social change The hundreds of thousands of people who know Parker Palmer s books will be glad to find the journey continued *40-Day Journey with Parker J. Palmer* Henry F. French,2008 Includes passages from Scripture and opportunities to reflect and pray Ideal for use during Advent or Lent

The Courage to Teach Parker J. Palmer, 2009-05-18 This book is for teachers who have good days and bad and whose bad days bring the suffering that comes only from something one loves It is for teachers who refuse to harden their hearts because they love learners learning and the teaching life Parker J Palmer from the Introduction Teachers choose their vocation for reasons of the heart because they care deeply about their students and about their subject But the demands of teaching cause too many educators to lose heart Is it possible to take heart in teaching once more so that we can continue to do what good teachers always do give heart to our students In *The Courage to Teach* Parker Palmer takes teachers on an inner journey toward reconnecting with their vocation and their students and recovering their passion for one of the most difficult and important of human endeavors

On the Brink of Everything Parker J. Palmer, 2018-06-26 This impassioned book invites readers to the deep end of life where authentic soul work and human transformation become pressing concerns Publishers Weekly 2019 Independent Publisher Book Awards Gold Medalist in the Aging Death Dying Category From bestselling author Parker J Palmer comes a brave and beautiful book for all who want to age reflectively seeking new insights and life giving ways to engage in the world Age itself he says is no excuse to wade in the shallows It s a reason to dive deep and take creative risks Looking back on eight decades of life and on his work as a writer teacher and activist Palmer explores what he s learning about self and world inviting readers to explore their own experience In prose and poetry and three downloadable songs written for the book by the gifted Carrie Newcomer he meditates on the meanings of life past present and future With compassion and chutzpah gravitas and levity Palmer writes about cultivating a vital inner and outer life finding meaning in suffering and joy and forming friendships across the generations that bring new life to young and old alike This book is a companion for not merely surviving a fractured world but embodying like Parker the fiercely honest and gracious wholeness that is ours to claim at every stage of life Krista Tippett New York Times bestselling author of *Becoming Wise* A wondrously rich mix of reality and possibility comfort and story helpful counsel and poetry in the voice of a friend This is a book of immense gratitude consolation and praise Naomi Shihab Nye National Book Award finalist

Let Your Life Speak Parker J. Palmer, 2015-06-22 PLEASE NOTE Some recent copies of *Let Your Life Speak* included printing errors These issues have been corrected but if you purchased a defective copy between September and December 2019 please send proof of purchase to josseybasseducation@wiley.com to receive a replacement copy Dear Friends I m sorry that after 20 years of happy traveling *Let Your Life Speak* hit a big pothole involving printing errors that resulted in an unreadable book But I m very grateful to my publisher for moving quickly to see that people who received a defective copy have a way to receive a good copy without going through the return process We re all doing everything we can to make things right and I m grateful for your patience Thank you Parker J Palmer With wisdom compassion and gentle humor Parker J Palmer invites us to listen to the inner teacher and follow its leadings toward a sense of meaning and purpose Telling stories from his own life and the lives of others who have made a difference he shares insights gained from darkness and depression as well as fulfillment and

joy illuminating a pathway toward vocation for all who seek the true calling of their lives *The Courage Way* , The Center for Courage & Renewal, Shelly L. Francis, 2018-02-06 The Courage Way Leading and Living with Integrity Leadership can be exhausting lonely frustrating disappointing and downright discouraging You have to make good decisions while balancing inevitable tensions and knowing when to take risks You need to keep your values in sight regardless of the pressures around you and stay calm in the storms that arise At its core leadership is a daily ongoing practice a journey toward becoming your best self and inviting others to do the same And at the heart of this daily practice is courage And that s where The Courage Way comes in It s a guide to leadership that names and explores this important resource and shows leaders how to access and draw upon courage in all that they do It has its roots in the work of Parker J Palmer who in fifty years of teaching speaking and writing has explored the human spirit what he has called the inner landscape and its role in life and leadership Shelly Francis identifies key ingredients needed to cultivate courage the most fundamental being trust in ourselves and in each other She describes the Center for Courage Renewal s Circle of Trust approach centered around eleven touchstones poetic and practical operating guidelines for holding the meaningful conversations of inner work and trust building Each chapter features true stories of how leaders in all kinds of settings have overcome challenges and strengthened their organizations through touchstones like Extend invitation not demand No fixing saving advising or correcting and When the going gets rough turn to wonder This graceful and inspiring book is a guide to courageous leadership and a journey of self discovery the two are inextricable As Francis writes Courage is not only in you it is you In your moments of courage that s when you meet your true self Healing the Heart of Democracy Parker J. Palmer, 2014-07-31 Hope for American democracy in an era of deep divisions In *Healing the Heart of Democracy* Parker J Palmer quickens our instinct to seek the common good and gives us the tools to do it This timely courageous and practical work intensely personal as well as political is not about them those people in Washington D C or in our state capitals on whom we blame our political problems It s about us We the People and what we can do in everyday settings like families neighborhoods classrooms congregations and workplaces to resist divide and conquer politics and restore a government of the people by the people for the people In the same compelling inspiring prose that has made him a bestselling author Palmer explores five habits of the heart that can help us restore democracy s foundations as we nurture them in ourselves and each other An understanding that we are all in this together An appreciation of the value of otherness An ability to hold tension in life giving ways A sense of personal voice and agency A capacity to create community *Healing the Heart of Democracy* is an eloquent and empowering call for We the People to reclaim our democracy The online journal Democracy Education called it one of the most important books of the early 21st Century And Publishers Weekly in a Starred Review said This beautifully written book deserves a wide audience that will benefit from discussing it **Living the Questions** Sam M. Intrator, 2005-04-06 Parker J Palmer who for forty years has written and spoken about subjects ranging from contemplation to community the inner life to public life education

to social change is known as one of the nation's most thoughtful voices calling us all to ways of being in the world that honor the human heart and promote a humane society *Living the Questions* a celebration of Palmer's long and distinguished career explores the dynamic interplay between the inner life of spirit and the outer life of work The equally distinguished contributors who come from a wide range of professions university presidents scientists physicians religious leaders business consultants public school educators philanthropists and community organizers bear witness to the depth breadth and reach of Palmer's work All of them have been personally touched by his courage and determination to live a life congruent with the ideas and principles he writes about and by his candor in acknowledging his own flaws

Transforming the Heart of Practice Dianne E. McCallister, Ted Hamilton, 2019-07-18 This unique step by step guide offers a comprehensive exploration of burnout and physician wellbeing a vital issue that steadily has become widely discussed in the professional and mainstream press More than twenty chapter authors contribute to this multidimensional volume including physicians psychologists researchers healthcare administrators chaplains professional coaches and counselors Section one of the book establishes context provides a brief overview of the phenomenon of physician burnout establishes its validity and makes a case for the reason it has emerged as a critical issue in American healthcare Section two provides a rationale for healthcare institutions hospitals physician groups medical associations to make a commitment to physician wholeness while section three then starts the process of delineating a step by step curriculum to address the dilemma providing additional detail and personal experience direct from the frontlines of combatting burnout Section four focuses on developing and sustaining a healthy professional culture that is aligned with the mission of the organization and section five addresses the spiritual component of physician wholeness Section six concludes the book with two personal essays that poignantly express the nature of two common experiences affecting physicians that require uncommon insight patience courage *Transforming the Heart of Practice* is a major contribution to the literature and will serve as an invaluable resource for anyone concerned with addressing this crisis in American healthcare

Halfway Through the Door Alan Arkin, 1979 *Ever Since Eve* Nancy Caldwell Sorel, 1985 From time immemorial younger women have been asking older women What is it like to have a baby Here at last is a book that brings together the reactions of a wide array of women some rich some poor some famous some not so famous to the experience of childbirth Ranging from Sophia Loren to Queen Victoria from Colette to Elzire Dionne it explains in human terms as no clinical description can what the experience of having a baby is really like A universal process that is unique in each instance birth is inherently dramatic and changes even people who never expected to be deeply affected Indeed some of the most revealing pieces in *Ever Since Eve* are the testimony of men about fatherhood men as diverse as Napoleon and W C Fields A fascinating collection of vignettes *Ever Since Eve* examines childbirth in different parts of the globe offers some intriguing footnotes to history and presents a view of public figures in their most private moments Compelling reading for every pregnant woman this book will be a treasured keepsake for anyone who has ever had or would

like to have a baby **The Heretic's Guide to Best Practices** Paul Culmsee,2013-05-23 When it comes to solving complex problems we often perform elaborate rituals in the guise of best practices that promise a world of order certainty and control But reality paints a far different picture which practitioners are often reluctant to discuss A witty yet rigorous journey through the seedy underbelly of organisational problem solving The Heretics Guide to Best Practices pinpoints the reasons why best practices dont work as advertised and what can be done about it Hugely enjoyable deeply reflective and intensely practical This book is about weaving human artistry and improvisation with appropriate methods and technologies in order to pool collective intelligence and wisdom under pressure Simon Buckingham Shum Knowledge Media Institute The Open University UK This is a terrific piece of work important insightful and very entertaining Culmsee and Awati have produced a refreshing take on the problems that plague organisations If youre trying to deal with wicked problems in your organisation then drop everything and read this book Tim Van Gelder Principal Consultant Austhink Consulting **To Know as We Are Known** Parker J. Palmer,2010-06-22 This primer on authentic education explores how mind and heart can work together in the learning process Moving beyond the bankruptcy of our current model of education Parker Palmer finds the soul of education through a lifelong cultivation of the wisdom each of us possesses and can share to benefit others **Living Like You Mean It** Ronald J. Frederick,2009-03-03 In LIVING LIKE YOU MEAN IT author Ronald J Frederick does a brilliant job of describing why people are so afraid of their emotions and how this fear creates a variety of problems in their lives While the problems are different the underlying issue is often the same At the core of their distress is what Dr Frederick refers to as feelings phobia Whether it s the experience of love joy anger sadness or surprise our inborn ability to be a fully feeling person has been hijacked by fear and it s fear that s keeping us from a better life The book begins with a questionnaire style list that help readers take an honest look at themselves and recognize whether and how they are afraid of their feelings It then moves on to explore the origins of fear of feeling and introduces a four part program for overcoming the fear 1 Become aware of and learn to recognize feelings anger sadness joy love fear guilt shame surprise disgust 2 Master techniques for taming the fear 3 Let the feeling work its way all the way through to its resolution 4 Open up and put those feelings into words and communicate them confidently With wisdom humor and compassion the book uses stories and examples to help readers see that overcoming feelings phobia is the key to a better life and more fulfilling relationships **How Then, Shall We Live?** Wayne Muller,1997-05-05 We all long to experience a sense of inner wholeness and guidance but today s notions of healing and recovery too often keep us focused on our brokenness on our deficiencies rather than our strengths Wayne Muller s luminous new book gently guides us to the place where we are already perfect already blessed with the wisdom we need to live a life of meaning purpose and grace He starts as do so many spiritual teachers with simple questions Who am I What do I love How shall I live knowing I will die What is my gift to the family of the earth He then takes us deeper exploring each question through transformative true stories We meet men and women Wayne s neighbors friends patients who have

discovered love courage and kindness even in the midst of sorrow and loss And through them we glimpse that relentless spark of spiritual magic that burns within each of us Woven throughout are contemplations daily practices poems and teachings from the great wisdom teachings Page by page we become more awake to the joy and mystery of this precious human life and to the unique gifts every one of us has to offer the world

Portraits in Faith Daniel Epstein,2021-11 For 15 years Daniel Epstein a Marketing Director at one of the world s largest corporations Procter Gamble traveled the world for business and for faith Motivated by his own search to fill the God sized hole in his life he did not know where it would lead He felt that if he did not develop some type of spiritual faith he would die Born and raised a Jew Daniel s challenges with relationships work and life forced him at age 36 to get on his knees and pray to a God he did not know a higher power not specific to either his own Judaism or any religion and ask for help In order to keep his new found sense of faith alive and to gain from the experience of others Daniel created a spiritual exercise out of interviewing people around the world about the role of faith in their lives As a photographer Daniel also captured a moment with each person in a black and white portrait meant to evoke their true spirit In 2012 Daniel launched Portraits on Faith online as the largest documentary project on faith ever compiled by a single person Over 100 of the 500 portraits shot have been published from 27 countries which have been viewed over 300 000 times by people around the world As a culmination of all the work that has to this moment Daniel is publishing the first volume of Portraits in Faith which include over 100 portraits quotes and reflections on faith from people spanning the world from over 40 faith traditions and denominations

Einstein's God Krista Tippett,2010-02-23 A New York Times bestseller An exhilarating exploration of the meaning of it all Robert Wright author of *The Evolution of God* Drawn from Krista Tippett s Peabody Award winning public radio program the conversations in this profoundly illuminating book reach for a place too rarely explored in our ongoing exchange of ideas the nexus of science and spirituality In fascinating interviews with such luminaries as Freeman Dyson Janna Levin Parker Palmer and John Polkinghorne Krista Tippett draws out the connections between the two realms showing how even those most wedded to hard truths find spiritual enlightenment in the life of experiment and in turn raise questions that are richly theologically evocative Whether she is speaking with celebrated surgeon and author Sherwin Nuland about the biology of the human spirit or questioning Drawin biographer James Moore about his subject s religious beliefs Tippett offers a rare look at the way our best minds grapple with the questions for which we all seek answers

Handbook for the Spirit Richard Carlson,Benjamin Shield,2011-02-09 From bestselling editors Richard Carlson and Benjamin Shield *Handbook for the Spirit* formerly titled *For the Love of God* features a wonderfully diverse collection of original spiritual writings by A H Almaas Rev Michael Beckwith Sue Bender Jean Shinoda Bolen The Dalai Lama Barbara De Angelis Wayne Dyer Riane Eisler Matthew Fox Shakti Gawain Joseph Goldstein Andrew Harvey Barbara Marx Hubbard Rabbi Harold Kushner Stephen Levine Father William McNamara Brooke Medicine Eagle Howard Murphet Hugh Prather Anne Wilson Schaef Marsha Sinetar Huston Smith Brother David Steindl Rast Mother Teresa Thich

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