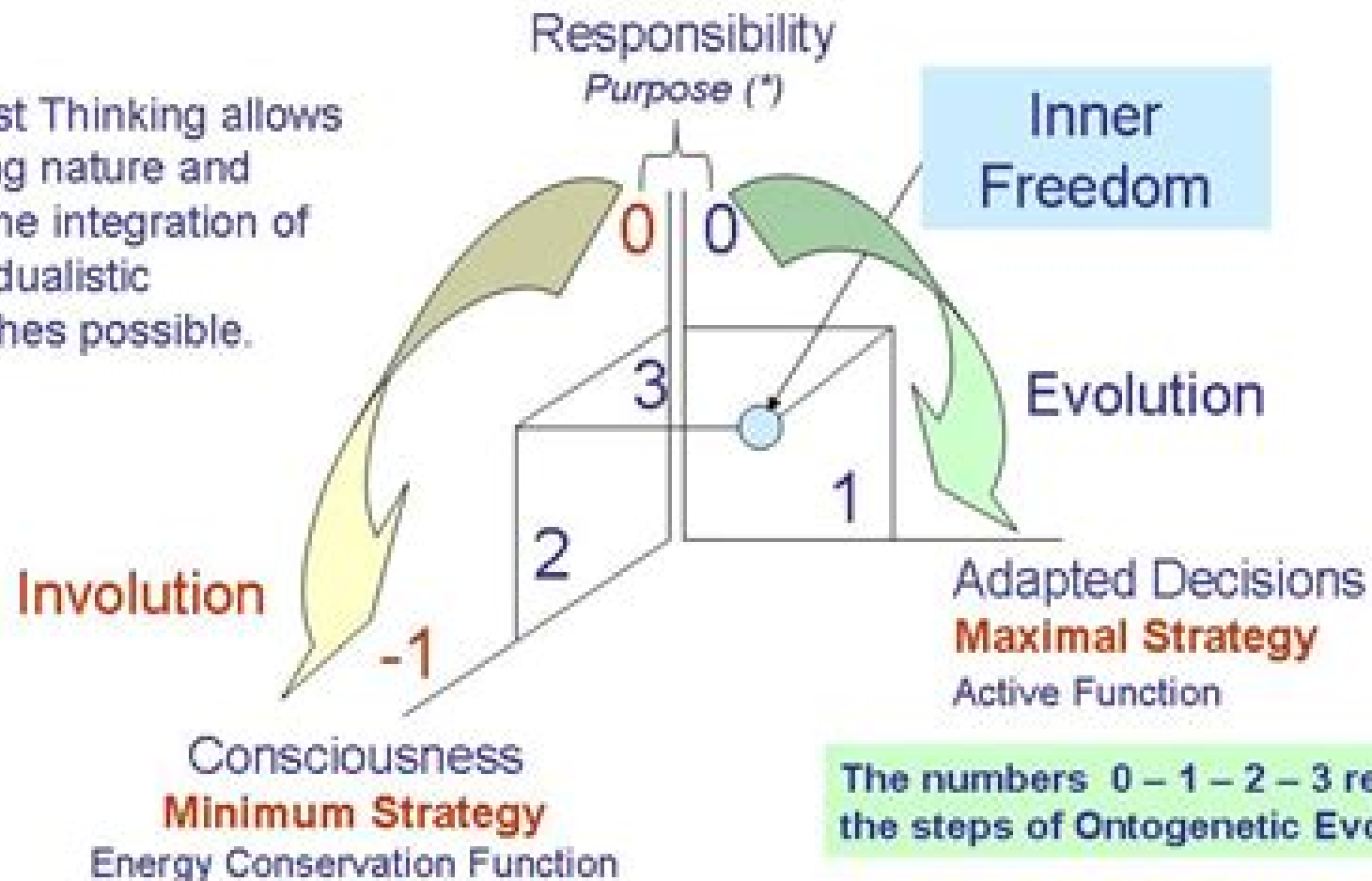


# The Unicist Ontology of Inner Freedom

Ontogenetic Map in Unicist Standard Language

(\*) Unicist Thinking allows emulating nature and makes the integration of the two dualistic approaches possible.



# Steps To Inner Freedom

**Joan Chittister**



## Steps To Inner Freedom:

12 Steps to Inner Freedom Joan Chittister, 2016-09-01

Twelve Steps to Inner Freedom Joan Chittister, 2003-04-01

*Steps to Inner Freedom* Michiaki Horie, Hildegard Horie, 1987-07-01

*Inner Freedom Techniques* Nebo D.

Lukovich, 2017-01-28 This book reveals numerous and powerful mind techniques of the innovative and versatile Reintegration System. The presented methodology was carefully designed to cover all areas of personal development. It will enable you to remove change or create any content of the mind in a systematic and thorough way. Furthermore, all approaches are mutually complementary, ready to work together to help get you where you want to be. First, you will be guided through five quick and easy mind techniques designed to bring immediate results: Dissolving the Temporary I, Moving to the Heart, Gentle touch of Presence, Freshness and Acceptance, and Dissolving the Temporary I Plus. Next, you will find that these techniques are actually the foundation of several more complex methods which will teach you how to attain profound and permanent transformation. The names of some of these techniques are Inner Triangle, Single Double Chain Technique, and Convergence Procedure. With the support of many illustrations and case studies, you will easily absorb all these cutting edge techniques. You will finally be able to solve your long lasting life difficulties, improve all your relationships, and achieve inner harmony. You won't find empty promises here, only practical guidance. Moreover, many of the methods described in the book are 100% brand new. However, all of them rely on well known spiritual and scientific viewpoints. For example, the holographic principle indirectly implies that our external world is but a mirror of our inner being. This also leads us to a very practical attitude: everyone is completely responsible for their own life. When you finally take complete responsibility for your life, you will put yourself into the key place of inner freedom, harmony, and ultimate power. This is the first book of the Reintegration Fundamentals series. However, with some additional practical content, this volume is effectively a part of an even more comprehensive book, *Inner Peace Outer Success*, which covers the whole Reintegration System, including spiritual growth, meditation, mindfulness, healing, and achieving goals. Join us on this new journey of personal transformation and spiritual development and start feeling better now.

**Managing with Integrity** Augustine Chennattu, 2020-04-06 *Managing with Integrity* challenges the readers to explore different perspectives on and conceptions of corporate ethics. It is situated within the broader context of the emerging interests of the people of India to eradicate corporate unethical conduct. The massive protest against corporate unethical conduct and public opinion puts leaders, top managers, and employees under strong social and political pressure. This book aims at articulating arguments for the necessity of incorporating personal integrity formation along with codes of ethical conduct to reduce unethical corporate activity more steadily and effectively. This book is an ethical guide for managers, employees, politicians, clergy, candidates for priesthood, and business students, equipping them to eradicate corporate unethical conduct from all spheres of life.

*THE TRUTH THAT SETS YOU FREE AND THE LIE THAT MAKES YOU DEPENDENT* Unknown, There comes a moment in life when you realize that many of the ideas you were taught

to believe were not designed to help you grow but to keep you compliant hopeful and dependent on systems people or philosophies that promised salvation without asking you to think This book begins on the day I stopped believing in easy answers inspirational shortcuts and seductive narratives about instant happiness and started questioning everything that kept me small obedient and quietly resigned I discovered that the truth that sets you free is often uncomfortable inconvenient and disruptive while the lie that makes you dependent feels warm familiar and safe because dependency does not require effort curiosity or responsibility just loyalty Here I explore what it means to stop outsourcing your certainty to gurus systems institutions or partners how to dismantle beliefs that present themselves as universal truths but secretly shape your behavior how to distinguish genuine wisdom from psychological manipulation how consumer culture profits from your insecurity by offering fast solutions you never needed and how narratives of positivity can become another form of emotional control I learned that independence begins when you stop expecting others to rescue you that maturity requires accepting complexity without turning it into ideology and that growth is often a slow uncomfortable process with no slogans or miracles but with real transformation beneath the surface This book speaks about how to question beliefs without becoming cynical how to break loyalty to social or spiritual frameworks that reward obedience rather than autonomy how to recognize when a relationship thrives on your self doubt how to stop performing humility so you can avoid conflict and how to rebuild identity when you no longer belong to the community that shaped you It explores how shame keeps people compliant how fear keeps people quiet how comfort keeps people stuck and how dependency disguises itself as love safety morality or purpose You will find reflections about how to think critically without losing compassion how to trust your intuition without rejecting evidence how to stop pre packaged solutions from replacing real introspection and how to navigate the grief that comes with outgrowing people stories and versions of yourself This is not a book about becoming superior or detached but about becoming awake It is for people who feel trapped inside narratives that promise fulfillment but deliver anxiety for those who sense they have been conditioned to stay small and for anyone who feels an inner rebellion rising the need to think for themselves live for themselves and choose a truth that liberates even if it complicates everything Because sometimes freedom does not arrive when you find the right belief but when you stop surrendering your power to anything that promises easy answers in exchange for your voice your agency and your life

Philosophical Mysticism in Plato, Hegel, and the Present Robert M. Wallace, 2019-12-26 Few twenty first century academics take seriously mysticism's claim that we have direct knowledge of a higher or more inner reality or God But Philosophical Mysticism argues that such leading philosophers of earlier epochs as Plato G W F Hegel Ludwig Wittgenstein and Alfred North Whitehead were in fact all philosophical mystics This book discusses major versions of philosophical mysticism beginning with Plato It shows how the framework of mysticism's higher or more inner reality allows nature freedom science ethics the arts and a rational religion in the making to work together rather than conflicting with one another This is how philosophical mysticism understands the relationships

of fact to value rationality to ethics and the rest And this is why Plato's notion of ascent or turning inward to a higher or more inner reality has strongly attracted such major figures in philosophy religion and literature as Aristotle Plotinus St Augustine Dante Alighieri Immanuel Kant Hegel William Wordsworth Ralph Waldo Emerson Emily Dickinson Whitehead and Wittgenstein Wallace's Philosophical Mysticism brings this central strand of western philosophy and culture into focus in a way unique in recent scholarship     Development of Consciousness Through Action Peter Belohlavek, 2012-03-19 These books were written as consultation books to be used to solve problems They are essentially analogous to medical books for individuals who decided to manage the concepts and fundamentals of things in order to manage the root causes of problems The discovery of the unicist ontology of consciousness and the development of its ontogenetic map opened the possibilities to manage adaptive systems for everyone It allows individuals to develop their level of consciousness expanding their possibilities to diagnose build strategies and develop structural solutions in the real world     **The Secret Self** Christopher J. Smith, 2016-04-29 Up to 150 Spiritual Practices Meditations Processes Methods Introspection's Contemplation's for Inner Awakening Up to 50 Inspirational Spiritual Stories both Ancient New Up to 120 Powerful Spiritual Quotes A complete Guide to Spiritual Awakening Inner Freedom from beginning to end A step by step process to Self Realization Liberation This book is a MUST for all serious Spiritual Seekers and those wishing to experience more joy and peace in their life How would you feel if you discovered that everything you truly wanted in life was already accessible deep within you or that all the treasures and answers to life's burning questions come from the discovery of who you really are in the depths of your being What if you could live in the moment without stress worry or fear of the future and without pain from the past What if you could end all internal suffering and be at peace always What if you could find the key to everlasting joy and happiness This book is a simple and practical how to guide to instigate your own Spiritual Awakening and your life's purpose Within this book lie the teachings and practices that will lead you to discover the magic of the Secret Self within and all of the beauty and wonder it brings This life changing guide will take you step by step through the process of Spiritual Awakening and Inner Freedom whilst you gain wisdom and insight about the secrets of life death human nature meditation and happiness leading to the ultimate discovery along the journey that of who you really are     **Persons, Situations, and Emotions** Hermann Brandstatter, Andrzej Elias, 2001-03-29 People's experience in their everyday lives has attracted much research interest in the past two decades This book focuses on the interplay of temperament and other personality traits with characteristics of situations and events in hourly and daily mood fluctuations All contributors used the Time Sampling Diary TSD in collecting data from a variety of populations over several weeks at least four times a day at randomly selected points of time Part 1 of the book introduces the TSD technique with detailed instructions for data collection coding and analysis Part 2 covers reports on a study of Polish bank employees The chapters of Part 3 reflect the experience of dangerous work situations in a steel factory the emotional adjustment of adolescents to short and long term unemployment and the influences of husbands daily

or weekly commuting on their wives coping with housework and childcare The chapters of Part 4 take a more philosophical approach to the material The first contribution shows that personality traits influence well being primarily in situations characterized by freedom of choice the second introduces a rather new methodological approach clarifying the affinities of situations and subjective experience **Be Happy No Matter What** Ellen Seigel,2012-06-01 **Be Happy No Matter What** provides a roadmap from unpleasant circumstances childhood confusion trauma divorce illness or even a loss of loved one or a sense of self to a place where you can be free from victim consciousness Ellen Seigel s soothing **Five Steps to Inner Freedom** facilitate positive processing and healing from circumstances that have caused pain and loss You ll learn to transmute your negative thoughts into a positive life plan Use your newfound inner freedom to reconnect with yourself and the outside world in a new way that brings you lasting satisfaction and happiness and join a universe where you are embraced and cherished As an inspirational public speaker consultant teacher mentor life and business coach Ellen provides uniquely tailored approaches to accessing and utilizing hidden strengths and talents in those who want assistance She has created and presented programs lectures and classes at the university level as well as for professional associations of public school educators administrators and health care practitioners at national state and local levels To learn more about her work please visit [www.BeHappyNoMatterWhat.com](http://www.BeHappyNoMatterWhat.com) **CHRISTIANITY & THE WORLD** Dr.LI, JIN WEI,2022-10-08 This series of complete works is an introduction and a detailed discussion of the influence of Christianity on all levels of the world and the inextricable relationship between the environment and religion especially the world s largest Christianity with 2.2 billion believers worldwide A person who does not understand religion especially Christianity cannot properly understand our world cannot adapt to many things and even makes wrong decisions in many aspects This series of collections are aimed at people from all walks of life regardless of their beliefs or non beliefs to understand and study the role of Christianity and other major religions in international relations within and outside countries and predict their impact and prospects in various social fields The development of society has important reference value This series of complete works consists of ten books and each book has an introduction summary at the beginning and the order is arranged according to the first word of English 1 Christianity and World Civilization 2 Christianity and World Culture 3 Christianity and World Economy 4 Christianity and World History 5 Christianity and World Law 6 Christianity and World Outlook 7 Christianity and World Peace 8 Christianity and World Politics 9 Christianity and World Religions 10 Christianity and Universal Values **Educational review** ,1891 **Five Steps to Freedom** Phil Golding,2023-04-17 Do you spend much of your time running on empty feeling unfulfilled lonely angry or depressed Are you suffering from the effects of trauma past or present Do you find yourself continually attracting people who are not there for you or do you cut yourself off for fear of being hurt Do you feel you are not good enough and struggle to know how to gain self worth It is said that we must learn to emotionally stand on our own two feet before we can find fulfilment in our lives This means we gain the ability to be comfortable and confident without the need to be continually filled

up with outside distractions such as dependent relationships overworking substance abuse unhealthy eating etc Sustainable fulfilment is about knowing how to fill yourself up from the inside no matter what is happening around you that triggers the ups and downs in your life This deeper space of inner security then provides you with the confidence to step out into life and step in closer to other people without the constant fear of being hurt Five Steps to Freedom contains the key ingredients for deep emotional healing inner peace self confidence and ongoing personal growth It introduces a set of clear effective and proven guidelines that show you how to consciously take care of your emotional wounds your human feelings and needs This book guides you through a process that enables you to open up your heart to yourself and shows you how to keep it open You not only learn how to give to yourself but you will have plenty left over to freely give to others *THE JOURNAL OF SPECULATIVE PHILOSOPHY* WILLIAM T HARRIS,1883 *Inner Freedom Techniques* Nebo Lukovich,2017-01-28 This book reveals numerous and powerful mind techniques of the innovative and versatile Reintegration System The presented methodology was carefully designed to cover all areas of personal development It will enable you to remove change or create any content of the mind in a systematic and thorough way Furthermore all approaches are mutually complementary ready to work together to help get you where you want to be First you will be guided through five quick and easy mind techniques designed to bring immediate results Dissolving the Temporary I Moving to the Heart Gentle touch of Presence Freshness and Acceptance and Dissolving the Temporary I Plus Next you will find that these techniques are actually the foundation of several more complex methods which will teach you how to attain profound and permanent transformation The names of some of these techniques are Inner Triangle Single Double Chain Technique and Convergence Procedure With the support of many illustrations and case studies you will easily absorb all these cutting edge techniques You will finally be able to solve your long lasting life difficulties improve all your relationships and achieve inner harmony You won't find empty promises here only practical guidance Moreover many of the methods described in the book are 100% brand new However all of them rely on well known spiritual and scientific viewpoints For example the holographic principle indirectly implies that our external world is but a mirror of our inner being This also leads us to a very practical attitude everyone is completely responsible for their own life When you finally take complete responsibility for your life you will put yourself into the key place of inner freedom harmony and ultimate power This is the first book of the Reintegration Fundamentals series However with some additional practical content this volume is effectively a part of an even more comprehensive book Inner Peace Outer Success which covers the whole Reintegration System including spiritual growth meditation mindfulness healing and achieving goals Join us on this new journey of personal transformation and spiritual development and start feeling better now

**How to Enter the Kingdom of Inner Freedom** Jessie Gao,2014-09-30 A helpful little book with deep insights for all who are seeking inner peace in a stressful world we live in today Along your reading you will feel empowered to activate your own potentials to master the inner space of your thoughts and feeling which create a world of your own **The Established**

**Church question: how to deal with it, by the author of 'The Englishman's brief'.** Thomas Moore, 1883      **Europe**  
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