

A cozy study with a large window overlooking a green valley. The room has wood-paneled walls and a wooden floor. A desk with a lamp and a chair is in the foreground. The window shows a view of rolling green hills and a stone wall under a cloudy sky.

World Enough & Time

ON CREATIVITY AND SLOWING DOWN

Christian McEwen

World Enough Time On Creativity And Slowing Down

Ross, Kenneth R.



World Enough Time On Creativity And Slowing Down:

World Enough & Time Christian McEwen, 2011 World Enough rather it is fed and nourished by every sight and smell and sound that we encounter from the movement of the clouds to the shrill of the birds outside our morning window World Enough Time extols the benefits of observation conversation walking pausing and dreaming within a literary and artistic framework spanning centuries Among the lessons learned from the great minds are It is in our idleness in our dreams that the submerged truth sometimes comes to the top Virginia Woolf Beware the barrenness of a busy life Socrates Seek society Keep your friendships in repair Answer your letters Meet good will half way Ralph Waldo Emerson We shared our ideas like sweaters with easy exchange and lack of ownership Ann Patchett on her friendship with Lucy Greeley Creative work needs solitude It needs concentration without interruptions It needs the whole sky to fly in and no eye watching till it comes to that certainty which it aspires to Mary Oliver Art has something to do with the achievement of stillness in the midst of chaos Saul Bellow World Enough Time is the result of thirty years of thinking teaching and writing in the midst of a busy world Turning to stories of the writers and artists she has studied all these years McEwen finds that each anecdote is its own parable of truth

What in the World Is Going On? Penny Gill, 2015-01-19 Do you worry about our planet with its environmental crises global warming widespread violence and global poverty Do you feel powerless to change your life and impact your world What in the World Is Going On reframes these crises as an invitation to open our minds and hearts to a new awareness of our fundamental interdependence with all beings With breathtaking optimism it offers courage and hope to all who hold the world in their hearts and grieve Crises bring opportunities We are poised to vastly expand our consciousness allowing us to address our deep fears and create communities which embrace and serve all of us The rich conversation between Manjushri the Tibetan teacher and the student probes the roots of our fears and challenges our common assumptions about the roles of science and markets in our world It rejects the inflated claims of our ego selves and the stifling confines of materialism The Teacher assures us everything can be changed We can escape our isolation celebrate our interdependence with all beings and heal our communities The worldwide web allows us to connect with like minded people around the world This epochal shift in energy and consciousness is well underway The Teacher encourages all of us to trust our emerging visions dissolve the fears shrouding our best selves and allow our natural compassion to flow out into the world

Mission as God's Spiral of Renewal Ross, Kenneth R., 2019-02-06 In this remarkable volume covering diverse subjects in a span of three decades Kenneth R Ross articulates his views on the meaning and practice of Christian mission and challenges the binary view of mission that prevailed before the 1950s He further reflects on Scotland's experiences in the world wide Christian mission and demonstrates the centrality of Africa in any discourse on Christianity This volume is invaluable in its argument for a rethinking of Christian mission especially in relation to the West which is now a new frontier for Christian mission The book will be immensely beneficial to students of missiology and general readers who are interested in the

subject of Christian Mission **The Long Take** Lutz Koepnick, 2017-12-15 In *The Long Take* Lutz Koepnick posits extended shot durations as a powerful medium for exploring different modes of perception and attention in our fast paced world of mediated stimulations Grounding his inquiry in the long takes of international filmmakers such as B la Tarr Tsai Ming liang Abbas Kiarostami Apichatpong Weerasethakul and Michael Haneke Koepnick reveals how their films evoke wondrous experiences of surprise disruption enchantment and reorientation He proceeds to show how the long take has come to thrive in diverse artistic practices across different media platforms from the work of photographer Hiroshi Sugimoto to the screen based installations of Sophie Calle and Tacita Dean from experimental work by Francis Al s and Janet Cardiff to durational images in contemporary video games Deeply informed by film and media theory yet written in a fluid and often poetic style *The Long Take* goes far beyond recent writing about slow cinema In Koepnick s account the long take serves as a critical hallmark of international art cinema in the twenty first century It invites viewers to probe the aesthetics of moving images and to recalibrate their sense of time Long takes unlock windows toward the new and unexpected amid the ever mounting pressures of 24 7 self management *The Ways of the Leader* Bill Mowry, 2023-10 Leaders Are you feeling overwhelmed in this post pandemic world The one size fits all approaches no longer work You need creative strategies based on godly wisdom that bring people together and break new ground In *The Ways of the Leader* Bill Mowry unpacks four competencies for everyday leaders in churches ministries communities and businesses To generate wisdom as a leader you must become a lifelong learner who views your life and leadership as God s classroom for discovery collaborator who engages people to explore create and implement new approaches cultural detective who examines assumptions and values where you lead and live and ministry innovator who discovers solutions that are crafted to the specific needs of your community Rise up against the chaos of today as you nurture the wisdom to choose what is good what brings life and nourishes people and right what is just and fair and impact those right where you are with practical solutions Poem Central Shirley McPhillips, 2023-10-10 In everything we have to understand poetry can help Tony Hoagland Harper s April 2013 In *Poem Central Word Journeys with Readers and Writers* Shirley McPhillips helps us better understand the central role poetry can play in our personal lives and in the life of our classrooms She introduces us to professional poets teachers and students people of different ages and walks of life who are actively engaged in reading and making poems Their stories and their work show us the power of poems to illuminate the ordinary to nurture inspire and stand alongside us for the journey Poem Central is divided into three main parts weaving poetry into our lives and our classrooms reading poems and writing poems McPhillipshas structured the book in short sections that are easy to read and dip into Each section has a specific focus provides background knowledge shows poets at work highlights information on crafting defines poetic terms features finished work includes classroom examples and lists additional resources In *Poem Central* a place where people and poems meet teachers and students will discover how to find their way into a poem have conversations around poems and learn fresh and exciting ways to make poems Readers will

enjoy the dozens of poems throughout the book that serve to instruct to inspire and to send us on unique word journeys of the mind and heart

Writing Ourselves Whole Jen Cross, 2017-08-25 The author of *Write to Restore* shows survivors of sexual abuse how to heal through journaling and personal writing *Writing Ourselves Whole* is a collection of essays and creative writing encouragements for sexual trauma survivors who want to risk writing a different story Each short chapter offers encouragement experience and exercises When you can find language for the stories that are locked inside you can change your life Talk therapy can only go so far for the millions of Americans struggling in the aftermath of sexual abuse and sexual assault Sexual assault survivors can heal themselves Sexual trauma survivor communities and their allies have the capacity to hold and hear one another's stories we do not have to relegate ourselves solely to the individual isolation of the therapist's office What you'll learn inside *Writing Ourselves Whole* How to reconnect with your creative instinct through freewriting How freewriting can help you reclaim the parts of yourself and your history How restorying the old myths about sexual trauma survivors can set you free If you have read books such as Julia Cameron's *The Artist's Way* Natalie Goldberg's *Writing Down the Bones* or Louise DeSalvo's *Writing as a Way of Healing* you will want to read *Writing Ourselves Whole* Praise for *Writing Ourselves Whole* A raw powerful necessary wise and practiced guidebook to the revolutionary practice of finding the words language and voice to transform suffering Eve Ensler author of *The Vagina Monologues* Rich intelligent passionate intimate honest and encouraging This book is a treasure trove Ellen Bass author of *The Courage to Heal*

An Oasis in Time Marilyn Paul, 2017-08-22 There is a surprising way out of the frenzy that always being behind feeling and the endless to do list Now more than ever people are seeking a reprieve from the constant pressure to achieve produce and consume While many turn to sporadic bouts of mindfulness and meditation organizational change specialist Marilyn Paul offers a complementary solution that is as radical as it is ancient In her new book *An Oasis in Time* Paul focuses on the profound benefits of taking a modern day Sabbath each week for deep rest and nourishing renewal The energy perspective creativity sense of well being and yes increased productivity that ensue are lifesaving Drawing on Sabbath tradition contemporary research and interviews with scores of busy people Paul shows that it is possible to introduce these practices regardless of your religious beliefs Starting with just an hour or two you can carve out the time from your packed schedule design your weekly oasis experience and most importantly change your mind set so you can enjoy the pleasure of regularly slowing down and savoring life every week From surrounding yourself with nature to practicing rituals for beginning and ending oasis time to implementing strategies for connecting with friends and family self and source you will discover practical ways to step off the treadmill and into timeless refreshment on your way to a calmer richer more fulfilling life

Sacred Time Christine Valters Paintner, 2021-02-19 We live in a world where there never seems to be enough time for all we want and need to do In *Sacred Time Embracing an Intentional Way of Life* Christine Valters Paintner guides us as we move beyond our own lives and embrace a world that urges us toward rest reflection and growth In *Sacred Time* Paintner

abbess of the online Abbey of the Arts shows us how by becoming in tune with the rhythms of the natural world we can live more intentionally and experience a conversion toward a more expansive way of being Paintner introduces us to the eight cycles of sacred time that exist in our everyday lives These cycles that can ground us through our busy lives are breath rhythms of the day weekly rhythms and Sabbath rest waxing and waning lunar cycles seasons of the year seasons of a lifetime ancestral time and cosmic time Each cycle encourages us to mindfully consider the time that passes as quickly as each breath and as slowly as the passing of generations Within each cycle we find wisdom from sacred tradition and the saints including St Benedict St Ignatius of Loyola and St Hildegard of Bingen room for growth and the presence of the Divine Along the way we are also given scriptural guidance and we are invited to spiritual practices and creative explorations that will help deepen our understanding of each cycle allow that understanding to take root in our lives and expand our lives beyond the pressures of each day

Transforming Retirement Janis Clark Johnston, 2023-05-05 People are naturally worried about transitions at any stage of their lives and retirement transitioning presents unique challenges because you realize that your life clock is ticking faster with each passing year Beyond financial concerns your true wealth is determined by how you spend your time and how you care for your health Retirement represents a rich psychological growth time and successful aging is characterized by cultivating a growth mindset alongside a healthy dose of grit or passion plus persistence This book shares insights from a survey of 125 participants all of whom are 55 or older on retirement beliefs and time management The author encourages retirees to embrace the concept of rewiring their brains in a psychological reboot applying to both work and non work scenarios Each chapter presents rewiring exercises that prepare space for new possibilities to germinate immediately and possibility time exercises that foster digging deeper into legacy roots for shaping days where you can flourish Seasoned citizen years have the possibility of becoming your greatest life plots when you rewire your personality and ability skillset

On Slowness Lutz Koepnick, 2014-10-07 Speed is an obvious facet of contemporary society whereas slowness has often been dismissed as conservative and antimodern Challenging a long tradition of thought Lutz Koepnick instead proposes we understand slowness as a strategy of the contemporary a decidedly modern practice that gazes firmly at and into the present s velocity As he engages with late twentieth and early twenty first century art photography video film and literature Koepnick explores slowness as a critical medium to intensify our temporal and spatial experiences Slowness helps us register the multiple layers of time history and motion that constitute our present It offers a timely and untimely mode of aesthetic perception and representation that emphasizes the openness of the future and undermines any conception of the present as a mere replay of the past Discussing the photography and art of Janet Cardiff Olafur Eliasson Hiroshi Sugimoto and Michael Wesely the films of Peter Weir and Tom Tykwer the video installations of Douglas Gordon Willie Doherty and Bill Viola and the fiction of Don DeLillo Koepnick shows how slowness can carve out spaces within processes of acceleration that allow us to reflect on alternate temporalities and durations

This is One Way to Dance Sejal Shah, 2020

Deluxe Thank You Pelham Road There Is No Mike Here Things People Said An Essay in Seven Steps Temporary Talismans Six Hours from Anywhere You Want to Be No One Is Ordinary Everyone Is Ordinary Ring Theory Saris and Sorrows Voice Texting with My Mother **Are You Drifting?** Tim Rode,2013-12 Are you drifting in your life Are you just going through the motions doing the same things you have always done Do you wonder why your life never changes Or maybe you need to drift To take time off and get away from the madness of your busy world This book addresses both drifting and not drifting and why both are necessary It is about growth becoming more not being the usual you aspiring to something better changing your thoughts and ultimately your personal freedom The freedom you have always longed for Isn t it time for you to make a change To create your own system and your own life Aging with Wisdom Olivia Ames Hoblitzelle,2017-11-14 How do we find beauty and meaning in old age How do we overturn the paradigm of ageism How do we age consciously and cultivate an inner life resilient enough to withstand the vicissitudes of old age An extended meditation on how to age consciously and embrace life in all its fullness and wonder Aging with Wisdom answers these questions *Modern Dreamwork* Linda Yael Schiller,2019-12-08 Purpose healing and creative insights through dream interpretation Modern Dreamwork is a hands on guide to interpreting your dreams so you can work through difficult issues with the wisest parts of your soul The Integrated Embodied Approach incorporates physical sensations images associations and emotions for rich holistic interpretations The PARDES Method focuses on multiple layers of meaning so you can untangle complex or confusing dreams The Guided Active Imagination Approach works with Jungian psychology creating safety and support for working with frightening dreams and nightmares The methods and techniques in this book can be used by anyone regardless of spiritual background Whether you re facing a difficult life choice working through emotionally challenging experiences or are just plain curious about what your dreams are trying to tell you Modern Dreamwork will help you understand the deep wisdom of your subconscious mind

Doubling Back Linda Cracknell,2014-05-26 A beautiful fascinating and moving memoir where the author retraces ten walks undertaken by others from the Highlands of Scotland to the Swiss Alps and Kenya Doubling Back is a fascinating and moving account of walking in the footsteps of others In 1952 Linda Cracknell s father embarked on a hike through the Swiss Alps Fifty years later Linda retraces that fateful journey following the trail of the man she barely knew This collection of walking tales takes its theme from that pilgrimage The walks trace the contours of history following writers relations and retreading ways across mountains valleys and coasts formerly trodden by drovers saints and adventurers Each walk is about the reaffirming of memories beliefs and emotions and especially of the connection that one can have with the past through particular places This book celebrates life family friendship and walking through landscapes richly textured with stories Doubling Back is a masterwork of travel writing in the vein of Robert Macfarlane and Roger Deakin lyrical poignant and with stunning descriptions of the landscapes Linda Cracknell leads us through **Shivers & Signposts** Len Richman,2015-08-14 Shivers Signposts The Journey Continues is Len Richman s second exploration of a life measured out by a distinct rhythm of

his own devising Picking up where his first memoir Raindrops Glimpses Moments An Unconventional Memoir of an Unplanned Journey left off Richman shows in Shivers Signposts that he still has much to do and much to say Richman attacks life with uncommon vigour Never motionless he moves forwards and sometimes backwards suffusing each manoeuvre with unique energy vitality and constant evolution Shivers at the thought of growing old of becoming stale occasional alienation and loneliness Richman is driven onwards by a pressing need to redefine and redirect his innermost self a self that he continually re evaluates through the lens of modern technology literature theatre and film These are the signposts that guide him through his fascinating quest for renewal of spirit and self Let us hear his decisive commentary on modern social and cultural mores his unapologetic tackling of issues from racism to materialism to present day psychoanalysis Let us listen to the music of Richman s own Love Song about the love of a life well lived and still well worth living Let us be challenged through Richman s examination of his own life to ask of ourselves How should we presume From the Introduction by Stuart Lubarsky M D *Play-Full Life: Slowing Down & Seeking Peace* Jaco J. Hamman,2011-05-01 Finding balance for your personal spiritual and professional life can seem daunting A Play full Life Slowing Down and Seeking Peace explores the life giving power of play Through practices of solitude and hospitality creativity and quiet author Jaco J Hamman empowers Christians to sense the fullness of life and to seek peace **Flowerrevolution** Katie Hess,2016-11-15 Flowerrevolution is part traditional guidebook part choose your own adventure From a stunning array of flower photographs readers can choose the flowers they re most attracted to and based on those choices discover an interactive system that reveals their state of mind The book provides specific questions for reflection and action steps to catalyze transformation in their lives Using flowers as teachers they can rediscover how to find new insights about themselves and their world In many ways with the current advancements in technology we ve lost our connection to nature and in turn our connection to ourselves This disconnection leads to stress fatigue and imbalance In Flowerrevolution we will explore the vast and beautiful world of flowers and learn how flower elixirs can be used to help us bring nature back into our everyday modern lifestyles Packed with information stories reflections and rituals this interactive book is designed to open up readers to a fresh new world of magic and possibility Flowerrevolution reveals the secret healing powers of flowers including ancient and modern methods for harnessing their unique qualities like flower rituals flower baths and special applications for flower elixirs Flowers only live for a week This book will live in your heart forever and that s our gift to you Breathe Christoph Glaser,2025-09-18 Christoph Glaser is currently an insider tip at top management level The management coach and mindfulness expert teaches a method that can significantly reduce stress and increase performance with just 12 minutes of training a day In his book he presents the technique of breath based mindfulness step by step Glaser also writes about his training sessions in 50 countries around the world from Switzerland to Madagascar which led him to top executives to a prince s castle and to the world famous teacher of meditation Sri Sri Ravi Shankar

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