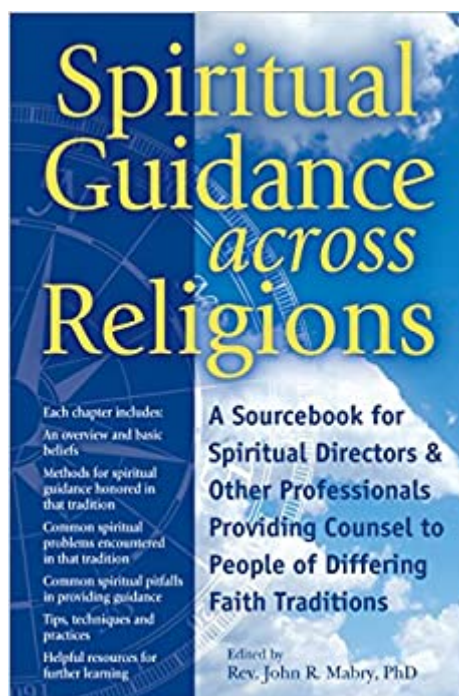


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# Spiritual Guidance Across Religions: A Sourcebook For Spiritual Directors And Other Professionals Providing Counsel To People Of Differing Faith Traditions



## Synopsis

The groundbreaking professional resource for providing spiritual guidance to people from faith traditions other than your own. This comprehensive resource offers valuable information for providing spiritual guidance to people from a wide variety of faith traditions. Covering the world's faith traditions as well as interfaith, blended and independent approaches to spirituality, each chapter is written by a spiritual guidance professional from that tradition or who works extensively with people from that tradition. Each chapter provides:

- An overview of the tradition, including basic beliefs
- Methods for spiritual guidance honored in that tradition
- Common spiritual problems encountered by people of that tradition
- Tips, techniques and practices
- Helpful resources for further learning

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**Religions Covered:** By Estimated U.S. Population

- Evangelical – Christianity – Roman Catholicism – Mormonism – Judaism – Reformed Christianity – Eastern Orthodox – Christianity – Islam – Buddhism – Hinduism – Spiritual Eclecticism – Unitarian Universalism – Neo-Paganism – BahÃfÂ'ÃfÂ- Faith – Sikhism – Shinto – Humanism – New Thought – Zoroastrianism – Native American Religion – African Diaspora Spirituality – Daoism – Jainism – Confucianism

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"Wonderful.... Opens the door to many historic and traditional paths.... Recommend[ed] to everyone

I know in ministry and in spiritual counseling and direction." — Rev. Tim Miner, OUnl,

executive director, Council of Interfaith Communities of the United States — "Why did no one ever do this before? This is an excellent, trustworthy and needed resource for spiritual directors

today! — Fr. Richard Rohr, OFM, Center for Action and Contemplation — "The first — possibly only — book of its kind! [A] remarkable ... resource [for] spiritual guides

who aspire to serve ... in ever-more aware and relevant ways. — Rev. Lauren Van

Ham, interfaith spiritual director and dean, Chaplaincy Institute — "The contemporary spiritual guide would do well to have this dynamic book as part of their collection and as on-going education

in the field. — Anne Huffman, PhD, director, MA in Spiritual Guidance, Sofia

University — "Finally, the go-to textbook that chaplains and spiritual directors ... deserve....

Goes deeper than the traditional who-what-why-when-where approach to world religions by focusing on spiritual care and healing.... It's full of gold. — Paul Chaffee, editor, The Interfaith

Observer (TIO)

Rev. John R. Mabry, PhD, directs the interfaith spiritual direction certificate program at the Chaplaincy Institute in Berkeley and is adjunct faculty in the pastoral ministry program at Santa Clara University. A United Church of Christ minister, he is pastor of Grace North Church in Berkeley, California. He is the author of several books on spiritual direction and spirituality, including *Faithful Generations: Effective Ministry across Generational Lines*. Dan Mendelsohn Aviv, PhD, has been engaged in Jewish learning as an educator, lecturer, professor, and published scholar for almost twenty years. Having spent three years creating an alternative model for informal education, he recently returned to his greatest passion, classroom instruction. He is also an itinerant blogger at <http://thenextjew.com>, an inchoate podcaster, MacBook zealot, and most important, a proud spouse

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Cathleen Cox, MAT, MDiv, is a Unitarian Universalist minister and interfaith spiritual director. Her ministry encompasses both a private practice serving individuals and life partners and an outreach ministry exploring best practices for spiritually grounded growth and development in congregations, religious communities, and service-oriented organizations nationwide. Her passion is companioning others in the creation of joyful, meaning-centered lives and work that offer our best gifts in service to the world. Her community ministry is affiliated with the Unitarian Universalist Church of Berkeley.

Contact her at <http://www.revcat.net>. Ervad Soli P. Dastur was born as the last of eleven children in the small village of Tarapur, India, to a priestly family from Udwada. Soli was admitted to the M. F. Cama Athornan Institute boarding school to complete his priestly studies as well as high school. During his nine years at the boarding school, Soli completed all the requirements for becoming Navar and Martab and was initiated as a priest in the Holy Iranshah Atash Behram in Udwada. He had to also pass the final examination of Saamel required by all initiated priests from Udwada to be able to perform all inner and outer liturgies. Soli is fully retired and lives with his wife of forty-eight years, Jo Ann, in University Park, Florida. He performs religious ceremonies all over Florida and the rest of the United States. He is an avid tennis player and dabbles with the computer in his free time. Karen L. Erlichman, MSS, LCSW, provides psychotherapy, spiritual direction, supervision, and mentoring in San Francisco, California. Karen is a core faculty member in the Spiritual Guidance Program at Sofia University in Palo Alto, California, as well as an adjunct faculty member at the Starr King School for the Ministry and the Chaplaincy Institute for Arts and Interfaith Ministries. Karen is passionate about creating diverse and welcoming spaces for exploring identity, spirituality, and community. To find out more about Karen, visit her website:

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James Michael

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I love Mabry's writing. This book is great...provides a lovely overview of various religions!

As a chapter author for this book, I want to be clear that I am reviewing it because I see it as a very useful tool for those who do counseling or therapy of any kind. This book gives insights into the spiritual beliefs and practices of a wide variety of religious belief systems, and is of great use to those of us who counsel people from a variety of backgrounds.

Each chapter is a doorway to the faith experience of strangers who become family. In a multi-faithful world, this handbook is a tremendous resource for teachers, clergy, public servants and anyone who wonders about the new neighbor next door.

Great service

A must for a multi-faith spiritual direction practitioners.

This book is an excellent guide for spiritual direction. Invaluable resource.

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