

to bless the space between us book

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To Bless the Space Between Us is a profound collection of writings by the renowned Irish poet and philosopher John O'Donohue. Published in 2008, this book has touched the hearts of many readers seeking spiritual insight, personal growth, and a deeper connection to the world around them. O'Donohue's poetic voice and philosophical reflections invite readers to explore the sacredness in everyday life, emphasizing the importance of presence, blessing, and awareness in cultivating a meaningful existence. This article delves into the themes, structure, and significance of To Bless the Space Between Us, offering an in-depth understanding of its message and impact.

Overview of the Book

Background and Author

John O'Donohue (1956–2008) was a Irish priest, poet, and philosopher known for his lyrical reflections on spirituality, nature, and the human experience. His work often blends Celtic spirituality with contemporary insights, making ancient wisdom accessible and relevant to modern readers. To Bless the Space Between Us is one of his most celebrated works, drawing from his deep knowledge of Celtic traditions and his poetic gift to craft words that inspire and comfort.

Purpose and Audience

The primary aim of the book is to guide readers into a practice of blessing—both oneself and the world—by cultivating awareness, gratitude, and reverence. It appeals to a wide audience, including those interested in spirituality, personal development, and anyone seeking to enrich their daily lives with meaningful reflections.

Structure and Content of the Book

Divisions and Format

To Bless the Space Between Us is organized into short, standalone chapters or reflections, each centered around themes like love, gratitude, aging, hope, and connection. The format lends itself to reading in small segments, making it accessible for daily contemplation or meditation.

Literary Style

O'Donohue's writing is poetic and evocative, blending philosophical insights with lyrical language. His use of metaphor and imagery helps to evoke feelings of awe and reverence, inspiring readers to see the sacredness in ordinary moments.

Major Themes Explored in the Book

The Power of Blessing

What Is Blessing?

In O'Donohue's view, blessing is more than a mere invocation of good wishes; it is an act of recognition that affirms the sacredness of life and the interconnectedness of all beings.

Significance of Blessing in Daily Life

- Creates a sense of reverence and gratitude.
- Cultivates mindfulness and presence.
- Acts as a spiritual practice that nurtures the soul.

The Sacred in the Ordinary

O'Donohue emphasizes that everyday moments—such as a conversation, a walk in nature, or a quiet reflection—are imbued with sacredness if approached with awareness and reverence.

Connection and Community

The book highlights the importance of human relationships and community as spaces where blessing can profoundly influence well-being and harmony.

The Journey of Aging and Transition

O'Donohue reflects on aging as a natural, sacred process, encouraging acceptance and appreciation of each life stage.

The Role of Nature

Drawing from Celtic spirituality, the author underscores the importance of nature as a reflection of divine presence and a source of renewal and inspiration.

Key Concepts and Practices

The Art of Blessing

- Personal Blessings: Cultivating a practice of blessing oneself and others.
- Environmental Blessings: Honoring the natural world through mindful acknowledgment.
- Rituals and Ceremonies: Incorporating blessing into daily routines and special occasions.

Presence and Mindfulness

O'Donohue advocates for cultivating presence—being fully attentive to the moment—as a pathway to experiencing the sacred.

Gratitude as a Spiritual Practice

Expressing gratitude shifts perspective and deepens appreciation for life's gifts.

Embracing Change and Transition

Understanding change as an integral part of life's sacred rhythm fosters resilience and hope.

Impact and Reception

Critical Acclaim

To Bless the Space Between Us has been widely praised for its poetic depth and spiritual insight. Readers and critics alike appreciate its gentle yet profound messages.

Influence on Readers

- Inspires personal reflection and growth.
- Encourages a more mindful and reverent approach to life.
- Serves as a resource for spiritual practices and contemplative living.

Use in Various Contexts

The book is often used in:

- Spiritual retreats and workshops.
- Counseling and therapy settings.
- Personal meditation and prayer.

Notable Quotes from the Book

- "When you bless someone, you're opening a space for possibility, hope, and renewal."
- "The sacred is in the simple, in the ordinary, waiting to be recognized."
- "A blessing is a gift that awakens us to the wonder of being alive."

Practical Applications of the Book's Teachings

Incorporating Blessing into Daily Life

1. Morning Intentions: Start your day with a blessing for yourself and those you will meet.
2. Mindful Walking: Use walks in nature as moments to bless and appreciate the environment.
3. Gratitude Journaling: Keep a journal to record moments of blessing and gratitude.
4. Blessing Others: Offer kind words, gestures, or prayers to loved ones and strangers.

Creating Sacred Rituals

- Establish rituals around transitions, such as waking, leaving home, or ending the day.
- Use poetry or prayer inspired by the book to deepen your practice.

The Legacy and Continued Relevance

Why To Bless the Space Between Us Remains Important

O'Donohue's work continues to resonate because it invites readers to see the divine in the everyday, fostering a sense of interconnectedness and reverence that is vital in a fast-paced, often disconnected world.

Influence on Contemporary Spirituality

Many modern spiritual practices incorporate the principles of blessing, presence, and gratitude found in O'Donohue's writings, making the book a timeless resource.

Recommendations for Further Reading

For those interested in exploring similar themes, consider reading:

- "Anam Cara" by John O'Donohue - On friendship and spiritual connection.
- "The Celtic Spirit" by Caitlín Matthews - Exploring Celtic spirituality.
- "The Book of Awakening" by Mark Nepo - Daily reflections on awakening consciousness.

Conclusion

To Bless the Space Between Us is more than just a collection of poetic reflections; it is a guide to living a more conscious, reverent, and connected life. Through its emphasis on blessing, presence, and appreciation for the sacred in everyday moments, John O'Donohue offers timeless wisdom that encourages readers to cultivate beauty, hope, and compassion in their personal journeys. Whether read as a daily meditation or a source of inspiration, this book continues to inspire countless individuals to see the divine in the ordinary and to honor the profound interconnectedness of all life.

Frequently Asked Questions

What is the main theme of 'To Bless the Space Between Us' by John O'Donohue?

The book explores themes of spirituality, everyday blessings, and finding meaning and connection in daily life through poetic reflections and philosophical insights.

How can 'To Bless the Space Between Us' be used for personal growth?

Readers can use the book's blessings and reflections to cultivate gratitude, mindfulness, and a deeper sense of connection with themselves, others, and the divine.

Who is the author of 'To Bless the Space Between Us,' and what is his background?

The book is authored by John O'Donohue, an Irish philosopher, poet, and former Catholic priest known for his spiritual writings and emphasis on the beauty of everyday life.

What is the format of 'To Bless the Space Between Us' and how is it structured?

The book is organized into short, poetic reflections and blessings that are meant to be read and contemplated individually, offering inspiration for daily living.

Why has 'To Bless the Space Between Us' become popular among readers interested in spirituality?

Its poetic language, universal themes, and practical blessings resonate with those seeking spiritual nourishment and a deeper appreciation of life's sacred moments.

Can 'To Bless the Space Between Us' be used as a daily devotional or meditation guide?

Yes, many readers use the book as a daily devotional or meditation tool, reading a blessing each day to foster mindfulness and spiritual connection.

Additional Resources

"To Bless the Space Between Us" by John O'Donohue is a profound collection of blessings and philosophical reflections that invites readers into a contemplative journey of spiritual awakening, mindfulness, and connection. This book, rooted in Celtic traditions and enriched by O'Donohue's poetic language, offers a timeless balm for the soul, making it a must-read for anyone seeking meaning and solace amidst life's complexities.

Introduction to "To Bless the Space Between Us"

John O'Donohue, an Irish poet, philosopher, and priest, brings a unique blend of spirituality and poetic insight to this collection of blessings. Published in 2008, the book has resonated widely across diverse audiences, from seekers of spiritual growth to those simply yearning for gentle, meaningful reflections. It is not merely a book of blessings but an invitation to view everyday moments—such as greetings, farewells, and encounters—as sacred rites that can deepen our sense of connection and presence.

The Essence of the Book

Philosophical Foundations

At its core, "To Bless the Space Between Us" draws heavily on Celtic spirituality, emphasizing the sacredness of everyday life and the interconnectedness of all things. O'Donohue advocates for recognizing the divine in the ordinary, encouraging readers to see blessings as a way of cultivating gratitude and mindfulness.

Key philosophical themes include:

- The sacredness of space and time
- The importance of presence and attentive listening
- The transformative power of blessing and intention
- Embracing life's transitions and uncertainties with grace

The Role of Blessings

Unlike traditional religious blessings, O'Donohue's blessings are universal, inclusive, and poetic. They serve as:

- Invitations to awaken awareness
- Expressions of hope and compassion
- Tools to sanctify moments and relationships
- A means to foster inner peace and resilience

Structure and Content Overview

The book is organized into thematic sections, each comprising blessings and reflections designed for specific moments or states of being.

Key Sections and Highlights

1. Blessings for the Beginning of the Day
 - Focus on setting intentions
 - Encourages mindfulness at dawn
 - Examples include blessings for waking with clarity and grace
2. Blessings for Encounter and Connection
 - Celebrates shared moments
 - Emphasizes listening and openness
 - Blessings for greeting others with kindness and presence
3. Blessings for Solitude and Reflection
 - Honors the importance of silence and inner space
 - Offers comfort during times of loneliness or contemplation
4. Blessings for Transitions and Farewells

- Assists in navigating change
- Blessings for saying goodbye with love and appreciation

5. Blessings for Healing and Renewal

- Provides comfort during times of illness or hardship
- Invites spiritual renewal and hope

Deep Dive into Major Themes

The Sacredness of Ordinary Life

O'Donohue emphasizes that every moment holds potential for grace. Whether we are greeting a loved one, stepping into a new day, or facing life's inevitable losses, each act can be imbued with intention and reverence. This perspective shifts the mundane into the sacred, encouraging readers to see divine presence in everyday routines.

Connection and Community

The book underlines our interconnectedness—how blessings can serve as bridges that nurture relationships and foster community. By blessing the space between ourselves and others, we acknowledge the shared human experience and cultivate compassion.

The Power of Language and Poetry

O'Donohue's poetic style elevates blessings from mere words to expressions of art and spirituality. His lyrical language creates a meditative rhythm, inviting readers to internalize and feel the blessings deeply.

Transition and Transformation

Life is characterized by constant change. The blessings in the book are designed to comfort and guide us through transitions—whether it's aging, loss, or new beginnings—by reminding us of the cyclical nature of life and the potential for growth in every phase.

Writing Style and Literary Qualities

John O'Donohue's prose is poetic, lyrical, and deeply contemplative. His use of metaphor and imagery enhances the spiritual messages, making the blessings resonate on an emotional level. The language is accessible yet profound,

suitable for both daily reflection and deeper meditation.

Highlights of his style include:

- Rich Celtic symbolism
- Gentle, inclusive tone
- Emphasis on mindfulness and presence
- Use of evocative imagery to evoke feelings of peace, hope, and reverence

Practical Applications and How to Use the Book

"To Bless the Space Between Us" functions as both a source of inspiration and a practical guide for integrating blessings into daily life.

Ways to engage with the book:

- Daily Reading: Select a blessing each morning to set a positive intention.
- Meditation and Reflection: Use blessings as mantras or focus points during meditation.
- Sharing with Others: Read blessings aloud to friends or loved ones, fostering connection.
- Creating Personal Rituals: Incorporate blessings into personal rituals, such as before meals or during transitions.
- Journaling: Reflect on blessings that resonate and how they relate to personal experiences.

Critical Reception and Impact

Since its publication, "To Bless the Space Between Us" has garnered widespread acclaim for its poetic depth and spiritual richness. Critics praise O'Donohue for his ability to distill complex spiritual concepts into accessible, evocative language that touches the soul.

Notable aspects of its impact include:

- Becoming a staple in spiritual and mindfulness circles
- Inspiring readers to cultivate gratitude and presence
- Serving as a gentle reminder of the sacred in everyday life
- Providing comfort during times of hardship and transition

Many readers find the book to be a source of solace, helping them reconnect with their inner selves and the divine in the ordinary.

Strengths of the Book

- Poetic and Inclusive Language: The lyrical style appeals to a wide audience and elevates ordinary moments.
- Universal Themes: Its messages transcend religious boundaries, making it accessible to people of various backgrounds.

- Practical Wisdom: Offers tangible ways to incorporate blessings into everyday routines.
- Deep Spirituality: Encourages reflection, mindfulness, and a sense of sacredness.
- Beautiful Presentation: The book is often illustrated or formatted to enhance its meditative quality.

Potential Limitations

While generally celebrated, some readers may find:

- The poetic language somewhat abstract or poetic, requiring attentive reading.
- A lack of specific step-by-step guidance for those seeking structured practices.
- Its spiritual tone might not resonate with individuals seeking a strictly secular or scientific approach.

Conclusion: A Gift for the Soul

"To Bless the Space Between Us" by John O'Donohue stands as a luminous testament to the transformative power of words and intention. Its blessings serve as gentle reminders to slow down, appreciate the sacredness of life, and foster deeper connections—both with ourselves and others. Whether read as a daily spiritual practice, a source of comfort, or a poetic meditation, this book invites us to see the divine in the ordinary and to bless the space between us with love, gratitude, and presence.

For anyone seeking to infuse their life with more mindfulness and spiritual depth, this collection offers a timeless and heartfelt resource. It reminds us that every moment, every encounter, and every space is an opportunity for blessing and grace, ultimately enriching our journey through life.

[To Bless The Space Between Us Book](#)

to bless the space between us book: To Bless the Space Between Us John O'Donohue, 2008-03-04 A beautiful collection of blessings to support you through both the ordinary and extraordinary events of life, from the author of the bestselling *Anam Cara* "John O'Donohue is a man of the soul."—Times (London) *To Bless the Space Between Us* is a compelling blend of elegant, poetic language and spiritual insight to offer readers comfort and encouragement on their journeys through life. John O'Donohue, Irish teacher and poet, looks at life's thresholds—getting married, having children, starting a new job—and offers invaluable guidelines for making the transition from a known, familiar world into a new, unmapped territory. Most profoundly, however, O'Donohue explains "blessings" as a way of life, a lens through which the whole world is transformed. He awakens readers to timeless truths and shows the power they have to answer contemporary dilemmas and ease us through periods of change.

to bless the space between us book: Praying with Jane Eyre Vanessa Zoltan, 2022-07-05 "In these soaring, open-hearted essays, Vanessa Zoltan writes with fierce brilliance about suffering, survival, and the kind of meaning in life that can withstand real scrutiny."—John Green, bestselling author of *The Fault in Our Stars* and *The Anthropocene Reviewed* A deeply felt exploration of the ways our favorite books can shape and heal us, from the host of *Harry Potter and the Sacred Text*. Our favorite reads keep us company, give us hope, and help us find meaning in a chaotic world. In this fresh and relatable work, atheist chaplain Vanessa Zoltan blends memoir and personal growth as she grapples with the notions of family legacy and identity through the lens of her favorite novel, *Jane Eyre*. Informed by her training at the Harvard Divinity School and filtered through the pages of *Jane Eyre* as well as *Little Women*, *Harry Potter*, and *The Great Gatsby*, Zoltan explores topics ranging from the trauma she has inherited as the granddaughter of four Holocaust survivors to finding hope, meaning, and even magic in our deeply fractured times. Brimming with a love of classic literature and the tenderness of self-reflection, the book also reveals simple techniques for reading any work as a sacred text--from Virginia Woolf to Anne of Green Gables to baseball scorecards. Whether you're an avowed *Eyrehead* or a voracious reader and pop culture fan, this deeply felt and inspiring book will light the way to a more intimate appreciation for whatever books you love to read.

to bless the space between us book: Reviving Our Indigenous Souls Cathie G. Stivers, 2018-01-26 *Indigenous* is neither a culture nor a people. It's a way. The indigenous way is the embodied ancient memory of how to be fully human, and it's encoded in your soul, no matter who your ancestors are. Hidden deep and dormant within your indigenous soul is your identity and your life's purpose, longing for you to remember them and put them into action. *Reviving Our Indigenous Souls: How to Practice the Ancient to Bring in the New* can help you do both, as you learn the origin, meaning, and application of 31 common verbs that collectively capture what it means to be fully human; visualize via illustrated appendices the interplay of the physical and spiritual aspects of your indigenous soul at work; discover how ancient wisdom and timeless practices have already defined and shaped you and will forever do so; follow the cues for reflection to discern the meaning that each chapter brings to your own life; and engage in recommended practices to achieve success in reviving your own indigenous soul. At this unprecedented time in planetary and cosmic history, you are needed. You are whole and sufficient, gifted and powerful. You are enough, and you are called to go out into the world and be enough. Let *Reviving Our Indigenous Souls* remind you of the former and guide you through the latter.

to bless the space between us book: Simple Abundance Sarah Ban Breathnach, 2019-11-19 In times of crisis, countless women have turned to *Simple Abundance* for comfort and joy -- and now this mega-bestselling guide is updated and expanded for everyone who loved the original book, as well as a new generation that needs it now more than ever. First published in 1995, *Simple Abundance* topped the *New York Times* Bestseller list for over two years and is responsible for introducing two hugely popular concepts -- the Gratitude Journal and the term Authentic Self. With daily inspirational meditations and reflections, the *Simple Abundance* phenomenon became a touchstone for a generation of women, helping them to reclaim their true selves, find balance during life's busiest moments, and rediscover what makes them truly happy. *Simple Abundance's* powerful messages are needed now more than ever, as we navigate the discord and stress instigated by a constant stream of breaking news cycles, and our 24/7 social media culture. Sarah Ban Breathnach has refreshed her bestselling phenomenon to address the needs of a new generation, with her signature candor, wit, and wisdom that made her a trusted and compassionate confidant for millions of women. A perennial classic whose time has come again, Sarah's work celebrates quiet joys, simple pleasures, and well-spent moments and reminds us how to find the beauty in the everyday.

to bless the space between us book: Taoism for Beginners C. Alexander Simpkins, Annellen Simpkins, 2021-01-19 *Taoism for Beginners* is a practical guide to applying the key notions, concepts and beliefs underlying Taoism's various branches and schools. Authors C. Alexander and Annellen Simpkins tap into their years of training and study in meditation, martial arts and Eastern

philosophy to provide readers with a comprehensive introduction to the spiritual tenets and attainments that mark the holistic pathway to a life more in balance. This book offers readers: A clear explanation of what Taoism is and how to apply its most salient tenets and teachings to your daily life Simple exercises to enable you to lead a calmer and more mindful, connected life-taking in a range of practices that include meditation, breathing, chi kung and tai chi chuan An exploration of the origins and background of Taoism, including the various sects and schools of thought An informative discussion of key Taoist concepts, including wu-wei (nonaction), yin and yang, and the powerful way of De (the cradle of power, virtue and life) This new edition has been updated by the author to include the connections between Taoism and mindfulness and meditation, as well as ritualized practices to heighten mind-body connection in order to control chi (energy). Taoist principles and concepts have guided people on the path to harmony, wholeness, balance and greater well-being for millennia. This beginning resource makes an ancient religion, its practices and history accessible for a twenty-first century reader.

to bless the space between us book: The Harbour Within Sister Consilio, 2016-11-03 In today's busy world, we can get caught up with the worries and stresses of life. We live in our heads, as we move at lightning pace from one thing to the next. Here, in *The Harbour Within*, Sister Consilio of Cuan Mhuire suggests how we can live happier and more peaceful lives by learning to live from the soul instead of our heads. From a seven-day guide to living at soul level, to thoughts and inspirations to carry you through difficult times, *The Harbour Within* shows us how we can discover a place of peace, unconditional love and joy - a harbour within. 'When we move out of our heads and begin to live at soul level, we open ourselves to a life with unconditional love: one that strives to reach beyond thought, expectation, emotion and feeling' Sister Consilio

to bless the space between us book: Modern Guide to Energy Clearing Barbara Moore, 2025-08-05 Create Your Best Self and Live Your Purpose Transform your life with Barbara Moore's complete guide to working with energy. Usable by anyone, regardless of spiritual path, this friendly and down-to-earth book shows how to make a personalized toolkit of techniques for any circumstance, from clearing long-standing blocks to cultivating the energy you want. *Modern Guide to Energy Clearing* helps you develop a practice that works for you and the life you're living right now. You'll first learn to clear inappropriate energy and maintain healthy energy within yourself. Then you'll expand that energetic wellness into your home, your workplace, and other shared or public spaces. Explore numerous techniques, including personal clearing, cording, shielding, clearing clutter, setting intentions, and addressing the elements. Build good energetic habits using a variety of tools, including sage, incense, runes, candles, wind chimes, crystals, drums, and blessings. This inspiring book offers guidance on bringing peace and abundance not just to your life, but also to the world. Praise: *Modern Guide to Energy Clearing* is a book designed so you will actually work with it, returning many times over to deepen your understanding and broaden your clearing practices.— New Spirit Journal

to bless the space between us book: Feast for the Journey Karen Lee Turner, Nevin Compton Trammell, 2011 *Feast for the Journey* is an enriching guide for individuals and small groups who want creative ways to cultivate a meaningful life in the midst of hectic and uncertain times. If you long for a renewed spark, clearer direction, more confidence in your choices, fresh ways to make a difference, and self-care that isn't self-ish, *Feast for the Journey* offers four soul-satisfying, hands-on courses that will lead you through: - An eye-opening self-assessment that reveals what's most important in your life's story. - Four new practices to help you cultivate a life that matters-starting wherever you are. - Practical tips for finding and freeing your voice in love, work, and everyday life. - Creative ways to celebrate and honor the changes and seasons you're going through. On whatever path you find yourself, *Feast for the Journey* invites you to try a new vision and direction for moving forward-all in a nourishing, peaceful, and creative setting. KAREN LEE TURNER has designed, taught, and refined the courses offered in *Feast for the Journey* for more than twenty years. An artist, musician, college professor, and retreat leader, she has a doctorate in education from Peabody of Vanderbilt University and writes in her backyard studio shed

in Nashville, Tennessee. She is joined by NEVIN COMPTON TRAMMELL, career expert, poet, activist, and author of *Cream Soda Blues*. He is a licensed clinical social worker with a doctorate from Vanderbilt University. Whether you're starting out, starting over, or somewhere in-between, *Feast for the Journey* is a rare book for anyone wondering, 'What's next in my life?' -Joe Calloway, author of *Becoming A Category of One*, *Never By Chance*, and *Indispensable* This is good stuff-a journal, a workbook, a confessional memoir, a scholarly text, a resource manual, and a story. Woven together, it is indeed a new sort of book. -Dale Brown, Director of the Buechner Institute and author of *The Book of Buechner* Anyone who senses the soul's deep longing for celebration, restoration, delight, and movement toward something 'more' will find their place at the beautifully hospitable table set for *Feast for the Journey*. -Pamela C. Hawkins, author of *The Awkward Season* and *Simply Wait*

to bless the space between us book: *Receiving Jesus* Mariann Edgar Budde, 2019-09-17 An invitation to experience a loving, personal relationship with God through seven spiritual practices. *The Way of Love* set forth by the Episcopal Church's Presiding Bishop Michael Bruce Curry is the journey of a lifetime. It's a way of knowing God, receiving and sharing Jesus' love, and being a blessing to the world. Mariann Edgar Budde shares how readers can come to know--to receive--Jesus more deeply in practicing the Way of Love. Through the seven practices that have been put before us: to turn, to learn, to pray and to worship, to bless, to go, and to rest, she will share biblical stories, wisdom from the Christian tradition, and her own personal stories of spiritual growth.

to bless the space between us book: *Friendship* Pamela Baker Powell, 2024-04-12 We all need friends. This book is an exploration of Christian friendship. It turns out that friendship has one surprising, overlooked, almost forgotten spiritual quality. Friendship in Christ is eternal. Scripture emphasizes this. Jesus himself emphasized this. Theologians emphasized this throughout the first thousand-plus years of Christian history. Then, it was somehow mostly neglected. This book maintains that friendship isn't just a passing luxury. Participation in the joy of friendship is a spiritual blessing. It is an unrecognized spiritual discipline that enriches your soul eternally. Here you will have an opportunity to consider your friendships as more than a pleasant engagement and discover what they can mean for your life today and eternally. Join others on this exploration of the exciting truth that friendships are forever!

to bless the space between us book: *50 After 50* Maria Leonard Olsen, 2018-06-15 At age 50, Maria Leonard Olsen drank her way out of a 25-year marriage. She had, against advice, put all her eggs in the motherhood basket, willfully derailing her successful law career. As teenagers, her precious children did not need her in the hands-on way they previously had. Her husband and she had grown apart because, among other things, they failed to nurture that important relationship. She was depressed and stuck. When she turned 50, she had the distinct feeling that she was on the downward slope of her life. Actuarially speaking, she was. So when she turned 50, her gift to herself was to go on a crusade to make the most of whatever time she had left. She set out to do 50 new things that were significant, at least to her. The list spanned physical challenges, adventure travel, and lifestyle changes. Each taught her something about herself and about how she wanted to lead the next years of her life to come. This work follows the work she did to accomplish those 50 new things and shows readers how to make their own action lists - whether it be joining a knitting club or hiking the Himalayas, every item has significance for each individual and speaks to her needs and desires. The list is the match to spark the fire that will light the years after 50. Readers will hear about Maria's adventures and the rewards of each. Accomplishing new things, learning new skills, deepening personal and spiritual relationships, and seeking out challenges will add the spice to a life that may feel repetitive, insignificant, inauthentic, or just plain boring.

to bless the space between us book: *Opening to Grief* Claire B. Willis, Marnie Crawford Samuelson, 2022 The book helps you meet loss on its own terms, not as a problem to be solved but as a sign of deep love.--Megan Devine, author of *It's OK That You're Not OK* All of us experience loss. Some of us have lost a spouse, a child, a parent, a beloved pet, a dear friend, or a neighbor. In the pandemic, we have lost hundreds of thousands of lives in the US and around the world. Many of us

have lost our livelihoods. All of us have lost our familiar routines and textures of work, family, and community. And the losses are not over. Opening to Grief is a companion to this tender time. With the demeanor and tone of a loving friend, the authors offer an invitation to grieve fully, to turn toward your emotions and experiences however they arise, and to follow your own path toward healing. The book explores the deep truth that grief and love are richly intertwined. Because we love, we grieve. And when we fully feel our sorrow, we open to loving ourselves and other beings more deeply.

to bless the space between us book: Take My Hand Tia Amdurer, 2018-01-23 Take My Hand is a welcome, practical guide for the emotional journey of caregiving. The caregiver's twisting and emotional journey is often bittersweet, combining feelings of exhaustion, reflection, love, frustration, delight, denial, connection, and loneliness. Just as they have taken on hand-holding for a loved one who needs multi-faceted support, many caregivers understandably feel overwhelmed and find themselves wishing for someone to guide them. Take My Hand is that resource. Written by Tia Amdurer, a Licensed Professional Counselor with a background in hospice, bereavement, grief, and loss, Take My Hand is structured into stand-alone chapters that can serve as a practical guide while navigating the different aspects of care for a loved one during the final years. Within each chapter are the witty, insightful, and heartfelt commentaries from Chris Renaud-Cogswell, penned as she took on the role of caregiver for her parents. Pages for note-taking and journaling are formatted to encourage self-reflection along the way.

to bless the space between us book: Still Moving Deborah Rowland, 2017-04-17 STILL MOVING Still Moving: How to Lead Mindful Change sets out an innovative approach for guiding organisations and indeed entire systems through ongoing, disruptive change. It combines Deborah Rowland's own rigorous research into change and its leadership with insights from her extensive field experience helping major global corporations including GlaxoSmithKline, RWE and Shell achieve lasting change with increased productivity, employee engagement and responsible societal impact. It is filled with helpful inspiring stories of leadership and change from the real world and, bravely, the author's own personal journey. Challenging leaders to cultivate both their inner and outer skills necessary for success, Still Moving weaves together the 'being' and 'doing' states of leading change and emphasises the importance of a mindful stance and deep systemic perception within a leader. With the goal of collaborative, sustainable change, the book delves into a variety of important topics, including present-moment awareness, intentional response, edge and tension and emergent change. Compelling and provocative, Still Moving questions the conventional wisdom of much change theory and asks that leaders first work on their inner source in order to more effortlessly change the world around them.

to bless the space between us book: Spiritual Care for Non-Communicative Patients Linda S. Golding, Walter Dixon, 2019-07-18 This book enables chaplains to deliver vital spiritual care to non-responsive patients and their families. With exercises, worksheets and case studies, it demonstrates how chaplains can develop the confidence and skills needed to engage with patients in meaningful ways, while affirming their personhood and bringing comfort to their loved ones.

to bless the space between us book: Conversation—The Sacred Art Diane M. Millis, PhD, 2013-02-01 Cultivate the potential for deeper connection in every conversation. To think of conversation as a sacred art challenges us to imagine all the conversations in which we participate, from the acquaintance we run into at Target to the dialogue for which we've spent weeks in preparation, as a potentially sacred conversation. —from the Introduction We often find ourselves distracted and overwhelmed by a constant stream of information and demand for connectivity. Now more than ever, we need to develop our capacity for greater presence in our daily lives and relationships. One of the best ways to do this is by improving the quality of our conversations. Dr. Diane Millis offers us inspirational stories, insights and spiritual practices from many faith traditions to increase our awareness of the deep, natural holiness waiting to be unlocked in our everyday encounters. This resource is a catalyst for anyone who would like to enrich seemingly ordinary conversations as well as for leaders in educational, ministry and corporate settings who want to:

Increase their capacity to listen deeply Become more self-aware and attentive to others Learn how to move beyond conventional topics to exploring purpose, meaning and values in conversation.

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