

Consciously growing from life's adventures through spiritual life skills and coaching.

Mastering Life's Adventures On the Beam

by Judith C. Holder, PhD

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Mastering Life's Adventures On the Beam

**ESSENTIAL INSIGHTS FOR
GROWTH AND SELF-MASTERY!**

Judith C. Holder, Ph.D.

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The case portraits illustrated in this book represent client composites with fictitious aspects and names. These results do not ensure readers will achieve the same outcomes due to the unique circumstances and experiences of each person.

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Introduction

Is there a deeper meaning to life?

“Whether you are young and at the beginning stages of your life’s adventures or moving into the more seasoned aspects, many people are in search of greater purpose, connection, and applied spirituality.”

~ J. Holder

It is five o’clock in the morning. You are startled, awakened from a deep sleep by your two-year-old daughter, fussily crying for your attention, while simultaneously, your alarm blares in your ear. In one not so graceful movement, you reach to turn off the annoying alarm while jumping up to attend to your child. Your heart is racing. Beneath its loud beating, you sigh and mumble, “Well, here goes another day.”

Or perhaps, you’re single with no children and find getting up each morning not a problem. However, you’re searching for a deeper purpose and are on many of the social media platforms chatting up a storm. Although you connect with many people, you’ve gotten to the point of feeling overwhelmed and unfulfilled. Some days, you mumble with a sigh, “What else is there?”

In each circumstance there’s an underlying discontentment. Let’s take one of these situations, the 5am awakening, and delve further.

Of course, you love your baby and your family, but you are finding it increasingly challenging to maintain your hectic life. You feel as if you are on a twenty-one speed Olympic bike racing to keep up with all the demands.

Your challenges are expanding, the days are long, the job meetings are tiring, your patience with your partner is growing thin, and your nerves are often on edge.

When you are finally still and quiet, you experience a sinking sensation that turns into feelings of irritability and even despair. This is when you think, *there must be something more to life than this.*

So you try the various fads in an attempt to reduce your stress—reflection, getting on social media, jogging, going to the gym, outings in the wilderness, taking mental health days from work—but none of these seem to quiet the racing discontentment of your thoughts, nor lessen the pull of partner, children, job, and other obligations. You try hard to keep the sinking feeling at bay, but it lingers and even increases. Sometimes it is all you can do just to hold on to your pseudo-surface calmness.

Then, one late night while you're reading to your two-year-old night owl, a light bulb turns on in your mind. As your baby drifts off to sleep, you think about the numerous self-help books that are available: the how-to's for developing social skills, problem-solving skills, succeeding in life, and bettering oneself. You realize that

you have not come across a book specifically written for the spiritually minded on *spiritual life skills*.

And so, you think about the book you would love to find that would give you the answers to your questions: “How do I use daily, practical spiritual skills and principles to root myself in my spiritual identity that could bring a greater, more satisfying and rewarding sense of direction, purpose and service to my life and others? And just what are these skills?”

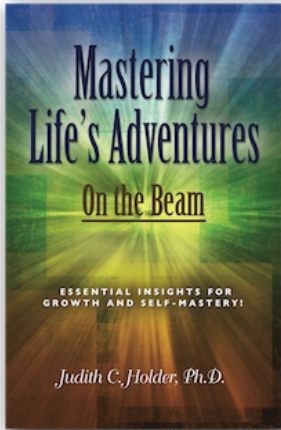
You would love a book that is not directed toward formal religious doctrine, one that is not solely based on Catholicism, Buddhism, Judaism, Christian-ism, etc. Rather, it would be one that is universal, that is easily read and understood, and that imparts practical and useful spiritual information.

If this sounds like you and your life challenges, then this is the book for you. Whether or not you attend a denominational or non-denominational church or consider yourself independently spiritual, this book focuses on the essential keys, principles and spiritual skills necessary to live a more complete and fulfilling life.

Just as you can learn skills to increase your grace in speaking, displaying etiquette at the table, communicating effectively with others, and interacting in social gatherings, you can learn spiritual skills that will help you evolve along the spiritual journey of your life.

These are the skills you can apply in all phases of your life, from singlehood to child rearing, to family life

or personal and professional relationships, to work or in retirement, whether you are a Post-Millennial (Generation Z), a Millennial (Generation Y), Generation X, a Baby Boomer or among the Silent Generation. These are the skills you will use to reconnect with your core—your essential self, the real, authentic YOU!



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