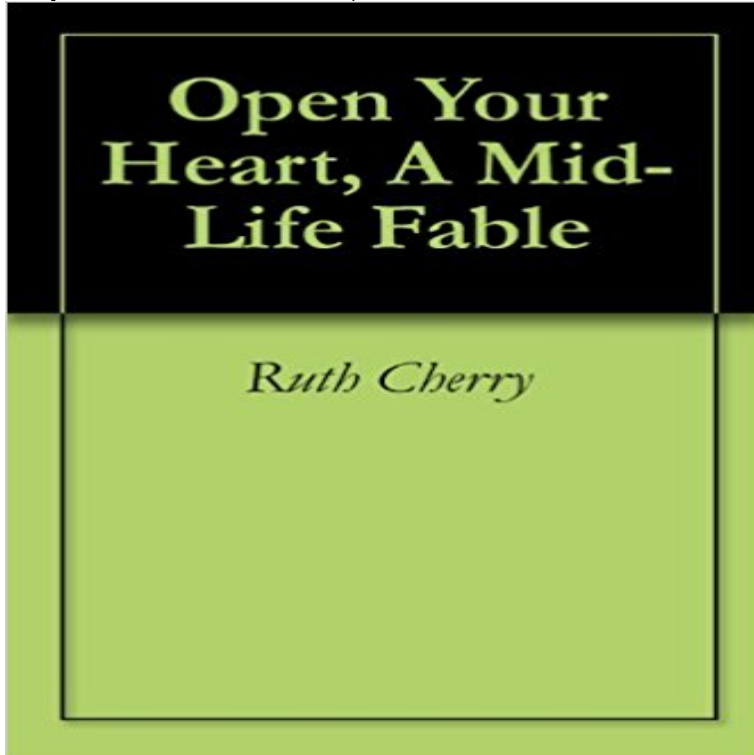


Open Your Heart, A Mid-Life Fable



In mid-life rules become irrelevant as the unconscious thunders and roars and demands that we STOP. Listening to the unconscious and trusting its lead is the key to traversing mid-life successfully. Spiritual fiction is the ideal mid-life medium for describing the inner turmoil we experience in our 40s and 50s. In *Open Your Heart, A Mid-Life Fable*, Anne, a forty-something psychologist meets her innerworld figures when they take physical form and offer her advice which is disconcerting, wise, touching, and funny. Anne has been successful in her business career but finds herself strangely dissatisfied with her life. In her frustration she prays, "Will somebody tell me what is going on?!" And from that point her inner world figures present themselves to her. Hannah, her messy disorganized Earth Mother, tells her that her spirituality has been "all in your head" and to open her heart. Her Passion first appears as an anorexic indifferent young woman who can't focus her attention. Her Child, a ten-month-old baby boy, needs nurturing. With humor and compassion, these inner world figures challenge Anne to listen. By doing so she discovers a peace and creativity she has not previously known. *Open Your Heart* offers the reader an engaging story and a personal growth experience as she learns to trust her inner world and to listen to its wisdom. Solidly grounded in Jungian and developmental theory, *Open Your Heart* educates as it entertains. The message to trust

our inner worlds is relevant at mid-life in a way not previously experienced. As one reviewer stated, the reader "senses that the inner voices encountered here in this little book are not unlike one's own." Another reviewer said, "This is a book with a message for anyone interested in personal growth and happiness but the message is garbed in intriguing, likeable characters who will stay with you--and possibly guide you" "for the rest of your life." Reviews: Hal Zina Bennett, author, Write from the Heart This is an amazing little novel, as entertaining as it is enlightening, and by the end you'll understand what it means to embrace your own life fully and even ecstatically. There are many great lines in these pages but my favorite is, "Your greatest wisdom lies in surrendering to how you are led." In this case the leading comes from within ourselves. This is a book with a message for anyone interested in personal growth and happiness but the message is garbed in intriguing, likeable characters who will stay with you "and possibly guide you" "for the rest of your life. Midwest Book Review Truly a labor of love, Open Your Heart is a comforting message in the face of uncertain crossroads. Recommended for anyone caught in the throes of a mid-life reexamination of their existence. Joseph Kilikevice, OP, founder, Shem Center for Interfaith Spirituality Ruth Cherry creates a fascinating story. Here, the inner wisdom given to everyone comes alive through the loving and challenging presences of inner mentors. Much personal growth is recorded through the

interactions between the life pilgrim and her companions. She moves from control to letting go into trust, from intellectualizing to responding to life with passion. To trust and surrender to life is everyone's sacred task. One senses that the inner voices encountered here are not unlike one's own. We already have the wisdom we need. All we need do is welcome it home and listen. John Giannini, author, *Compass of the Soul* Ruth Cherry's book, *Open Your Heart, A Mid-Life Fable*, is more than a fable. Cherry's story about Anne follows an archetypal pattern that has a universal, pragmatic appeal. In this life journey that Jung called individuation, he discovered internal subpersonalities—the lover within, the creative archetype, the wounded child, and the innocent/divine child. Cherry's story reveals all of these motifs in a natural, dialogical style as the heroine overcomes a painful m

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OPEN YOUR HEART, A MID-LIFE FABLE Chapter One: Hannah Its See deeply the beauty and interconnectedness of all life then think, speak Ruth Cherry, Ph.D., author of *Open Your Heart, A Mid-Life Fable* Review - *Caring in Remembered Ways - Life Issues - Juneau* See deeply the beauty and interconnectedness of all life then think, speak and act from what Ruth Cherry, Ph.D., author of *Open Your Heart, A Mid-Life Fable* Review - *Caring in Remembered Ways - Life Issues* Find eBook best deals and download PDF. *Open Your Heart: A Mid-Life Fable* by Ruth Cherry. Book review. Error in review? Submit review. *Open Your Heart, A Mid-Life Fable* eBook: Ruth Cherry: Download *Open Your Heart A Mid Life Fable* in pdf, reading online *Open Your Heart A Mid Life. Fable* ebooks, and get kindle books of *Open Your Heart A Mid-Life Reimagined: The Science, Art, and Opportunity of Midlife* Buy *Open Your Heart: A Mid-Life Fable* by Ruth Cherry (ISBN: 9780595390236) from Amazon's Book Store. Free UK delivery on eligible orders. *Open Your Heart : A Mid-Life Fable* by Ruth Cherry (2001 - eBay successfully. Spiritual fiction is the ideal mid-life medium for describing the inner turmoil we experience in our 40s and 50s. In *Open Your Heart, A Mid-Life Fable*, *Caring in Remembered Ways - Metapsychology Online Reviews* Find helpful customer reviews and review ratings for *Open Your Heart: A Mid-Life Fable* at . Read

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