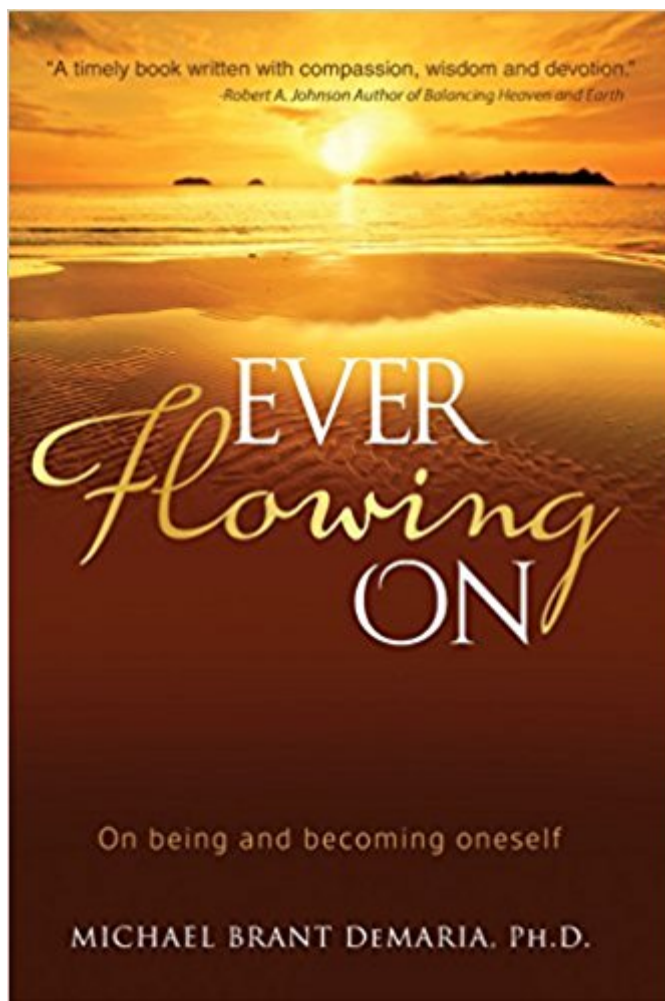


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# Ever Flowing On: On Being And Becoming Oneself



## Synopsis

The #1 Bestseller by Dr. Michael DeMaria (Existential and Humanistic Psychology) *Ever Flowing On: On Being and Becoming Oneself* distills the essential core elements of the life journey into a four-fold path of personal growth; The Source, The Abyss, The Quest, and The Dance. Ultimately, it is a faithful guide book for the life journey. It takes the reader on an adventure of self-discovery, providing compassionate and wise council on how to find your way back to the simple miracle of living, while discovering a renewed affection for your life. *Ever Flowing On* provides the path towards feeling good about the miracle of life and being who you are instead of trying to be something you are not.

## Book Information

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## Customer Reviews

"*Ever Flowing On* is a timely book written with compassion, wisdom and devotion...It provides the reader with gentle wise council of how to find your way back to the simple miracle of living and being, while discovering a renewed affection for your life. You will begin to feel good about the miracle of being truly who you are, instead of trying to be something you are not. This is to learn to love and belong to your life in an intimate, authentic and genuine way." -Robert A. Johnson, Author of *He, She, We, Inner Work, and Balancing Heaven and Earth*"Michael DeMaria is a rare, loving wisdom teacher who has befriended the human psyche and traveled to its depths. He knows how to extract the psyche's sacred treasures that lead to our full awakening as spiritual beings in human bodies. I love this book! It is profound! It will guide you and transform you if you will follow its gentle trail to wholeness."-Jacquelyn Small Author of *Becoming Naturally Therapeutic*,

and Transformers"Ever Flowing On" is a wake up call to those who live at the edge longing and yearning for harmony and connectedness. Brimming with gems of wisdom it is priceless to those who are committed to living simply. This timely book is a valuable contribution to consciousness. I highly recommend it."-Malidoma Patrice Some'pa, Ph.D. Author of Of Water and Spirit"Ever Flowing On is a helpful guide for the soul's journey. Full of insights and markings on the trail of life for the serious seeker. I highly recommend this book."-Angeles Arrien, Ph.D.

"Anthropologist and Author of The Four-Fold Way" This powerful book describes in detail and with great clarity the process of 'being and becoming oneself'. Drawing from rich personal experience as well as varied cultural background ranging from Aztecs to Zen, Michael DeMaria offers a most useful map for our spiritual journey."-Piero Ferrucci, Author of What We May Be, and Inevitable Grace

Ever Flowing On" is my answer to a dream I had shortly after my first vision fast in 1993 about my maternal grandmother Elizabeth, who asked me this question, "If you died tomorrow what have you of real value to leave your daughter?" I woke in panic. I could not answer her question. My daughter Danielle was 6 at the time. I imagined over and over my daughter as a young adult trying to understand who I was through old pictures, a few academic papers, or personal belongings, but nowhere had I put down what I knew to be of real value for one to know in living a life. The only way I could get back to sleep was committing myself to write a book that in some way would be my answer to that question. It turned out to be more difficult than I ever imagined and took 8 years to finish. My grandmother died half way through the writing, which only added more gravity to my need to finish it. This book is dedicated to her and to my daughter, with gratitude for the meaning they both give to my life as I try to live in the balance between the worlds they define for me. As I wrote I became aware that I was writing what I wished someone had told me as I began my life journey. The book began to emerge as a psychospiritual guide book of the soul's journey. I write not as an observer, but as a fellow traveler, who has been keenly interested in what the Native Americans call our "Earthwalk". These are markings on the way for other travelers, word cairns that hopefully will help those who understand the life journey understood as a spiritual quest. My grandmother I have realized has become more present to me through her physical absence. Since her death it has become so vividly clear how crucial it is for us to speak our truth while we are here. I have at times included personal accounts of my own journey with the hope that truly what is most deeply personal resonates with what is most universal, that is, they hopefully will serve as touchstones to your own journey, in this way serving as part of the pattern that connects all

experience with the grander themes we are all touched by. The structure of this book proceeds in a spiraling fashion. Therefore, although the most useful way of reading it is front to back, there is an implicit structure that allows the reader to start virtually anyway in the text and then proceed. The themes in this way circle throughout the text. If you find yourself drawn to a particular section, "The Source", "The Abyss", "The Quest" or "The Dance" feel free to start there and it will no doubt lead you to the other sections in the order that is right for you. In the end, I feel peace now with the dream. I ask the reader that if you are willing to take this journey with me you read the words written within with the eyes of your heart AND that you be willing to dance!

Dr. DeMaria's Ever Flowing On is truly life changing! As a college student about to embark to professional school, this book provides insight and inspiration to accept who we are as individuals while also challenging us to think about everyday scenarios in a different manner. For example, instead of feeling sorry for ourselves when things don't go our way, we should view these adversities as opportunities to polish ourselves, rather than feel as though we are being "punished." As other reviews have mentioned, this book truly is for anyone at any point in their life. It's refreshing, inspirational, and unique. I cannot thank Dr. DeMaria enough for the knowledge and tools he provided in this book! 100% recommend!

This book was life changing for me. I began reading Ever Flowing On at a very uncertain time in my life. Dr. DeMaria writes straight from his heart. He puts words to things I knew deep within, but was not sure how to say it all. I really love that each chapter ends with an invitation to go deeper through journaling and meditation. I spent a lot of time writing and reflecting - that in itself changed me. In one of my journaling sessions I discovered that I had been carrying around some beliefs that I did not even believe. What freedom it is to let go of old beliefs that don't serve us well. I recommend this book to anyone and everyone, no matter where you are in life.

GREAT BOOK, I LOVE IT.

You can read it whenever and wherever - you don't have to start at page one and go in order. It's a great help with attitude & problems.

This book is a must-read for everyone (particularly those who have been pondering how to find meaning in their lives)!!! I am a college student and chose to read this book as a supplemental text

in one of my psychology courses. It was truly life changing. Michael phrases things in ways that make you think about who you are and how it is with your soul. I carry many of his philosophies (including questing for meaning, rather than certainty) with me through my everyday life. He has truly opened my eyes to an incredible new way of looking at life. (Note: My name is Alicia Martin. I am writing this review from my boyfriend's account.)

Dr. DeMaria has written a book that speaks to the heart and soul. Reading *Ever Flowing On* will be a life-changing experience for which you will always be grateful. If you do the exercises and relate the author's personal experiences to your own, you will find yourself "beholding" the wonder that is this world. You will discover that yearning inside you that has never been quelled is slipping away in a flood of understanding. It has been my pleasure to own this book since its first publishing. I have read it several times and each time I do, I feel like I have discovered a treasure. The exercises and meditations have helped me tremendously.

*Ever Flowing On* is a deeply moving and inspiring book that speaks with great clarity on the journey of "being and becoming oneself". In this essential book, Michael DeMaria draws on his personal experiences and vast cultural knowledge to show how we can explore more deeply our yearning for wholeness. His ability to weave wisdom and experiential opportunities moves the reader to a deeply profound level of understanding. Michael shows us that the principals that apply to our personal healing also apply to the healing of the larger world and awakens the reader to the simple grace of living life fully, while cultivating the sacred. *Ever Flowing On* is a must read and will inspire you to embrace life with new eyes. The art of living consciously shines through on every page of this rich and compassionate book. Updated Review: I rarely take the time to update a review, but felt this gem of a book warranted the effort. After several years of ownership, *Ever Flowing On* remains one of my favorite reads. I have given this book to countless others who have given rave reviews in return. The book is written as a story of the author's experiences while inviting the reader to be highly reflective of their own journey as they read. I found this to be a very appealing quality of the book. The author does a masterful job at interjecting reflective questions and experiential activities at essential points within the text. I found my reflection was much more valuable, rich and honest because these reflective opportunities were presented within the context of the author's experience. I know a book is great when its message returns to me time and again. Reading this book changed me at a core level and my life has been made richer from its message. I sincerely hope the author will publish other works.

This book is one to help the soul in search of itself. If you are looking to have the answers to life's questions revealed, there is something here for you. It may be from reading an example from Michael DeMaria's own quest that triggers an understanding in you or it may be you completing one of his carefully designed exercises that you hit upon a revelation. Both were of benefit to me but the greatest impact I had is when I was performing a seemingly ordinary task, raking leaves in my back yard, thinking about one point he brought up in the book. It was the fact that we usually admire someone else for a particular quality and it is usually that quality we need to develop in ourselves. I picked someone who I currently admire and asked myself what was the quality that I admired most in them. My answer came immediately and just as quickly I could clearly see ways in my own life where I had NOT been incorporating that quality so far. I can see how too that the belief Michael presents with connecting back to nature is so important since this information came so easily while I was raking. May those who read this book be open to the understanding it reveals and may your life flow easier with the wisdom gained.

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