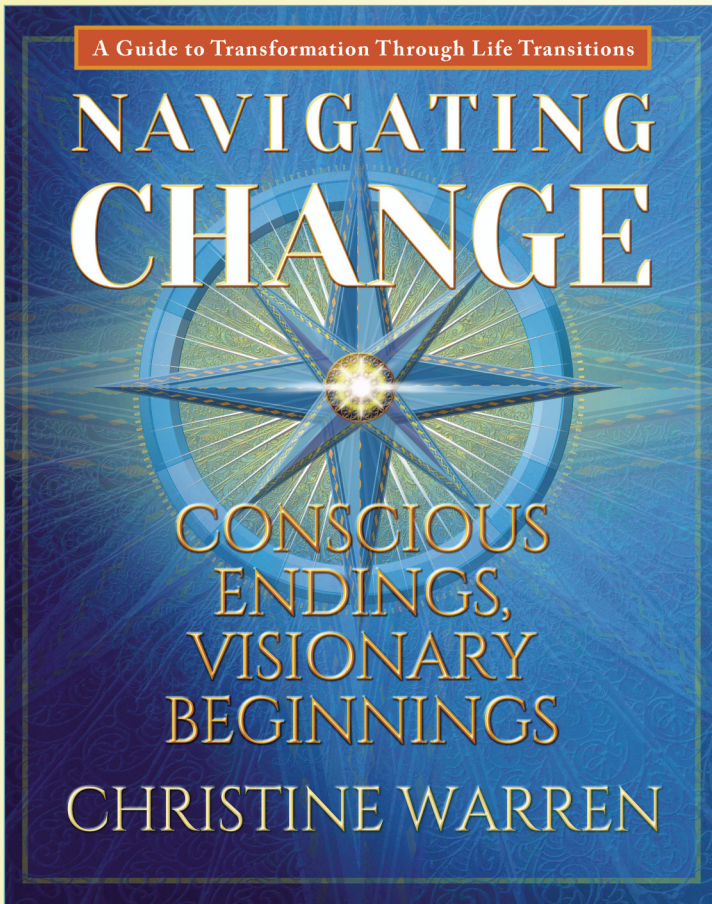




FLAME LANTERN PRESS



ISBN: 978-0-9991395-0-9 paperback

ISBN: 978-0-9991395-1-6 eBook

Flame Lantern Press / 7.5 x 9.25; 226 pages; soft cover

\$16.95 USD; \$22.95 CAN; £13.95 UK; €15.95 EU

Self-Help / Personal Growth

**CHRISTINE WARREN** is a 40-year national presenter of transformational workshops, and a consultant, life coach, and speaker. She has taught at Esalen Institute, Kripalu Center, Omega Institute, Rowe Center, and 1440 Multiversity. Christine is a founding member of Kripalu Center. For more information about Christine, please visit her website at [www.ChristineWarrenWorkshops.com](http://www.ChristineWarrenWorkshops.com)



# NAVIGATING CHANGE

Conscious Endings,  
Visionary Beginnings

**CHRISTINE WARREN**

In this groundbreaking self-help book and spiritual guide, Christine Warren shares the core teachings and creative practices on life transitions that have made her national workshops life-changing events for thousands. Her book is a map through change, a companion on the trail offering deep insights, wise words, and support. She shows us the way to travel from the challenges of our endings to joyful personal transformation and new vision.

Christine balances the grit of being human with the illumination of being a soul on a spiritual journey. We are handed her proven, step-by-step guide through her unique Four Phases of Change, with dynamic teachings, experiential practices, and extraordinary stories of people turning their painful endings into golden new beginnings.

Whether we are ending relationships, dreaming of career changes, or longing for a fuller, truer life, Christine is our seasoned, wise woman guide. She is there at every step of

the journey with the perfect teaching, the reassuring word, the helpful homework, the just-right story, and the breakthrough practice to facilitate us forward into our new vision. Ultimately, she shows us how to make life a celebration of our humanity and our big Self, and every new chapter an expression of joy and soulful wonder.

Christine Warren may be contacted by phone at 505.395.4540 or email at [info@flamelanternpress.com](mailto:info@flamelanternpress.com).

Every page rings with inspiration and truth. Christine's decades of transformational teaching, individual counseling, and deep inner work are here to help.

—Dr. Peter Mellen  
*Author, Ultimate Happiness: Chasing It, Finding It, Keeping It*

Masterful . . . combines laser-like insights with a radiant spirit that makes you want to jump into the adventure of life!

—Thomas Amelio  
*President, New York Open Center*

A world-class teacher and gifted writer. This book is an invaluable resource, with Christine as your trusted guide and companion, in charting the unknown and often uncomfortable territory that accompanies life changes.

—Pasha Hogan  
*Author, Third Time Lucky: A Creative Recovery*

The timing of this insightful and powerful work will help all of us thrive in this age of accelerated global and personal change. Christine is a way shower. This book is her map for you to recreate and change your life.

—Paul Deslauriers  
*Author, Living in the High Energy Zone*

A masterful step-by-step guide for those going through big life transitions, ending relationships, or seeking personal transformation.

—Kate Feldman  
*Director, The Conscious Relationships Institute*

The best self-help book I've ever read. I turned to these pages again and again for help during a pivotal time of change.

—Laurelee Blanchard  
*Author, Finding Paradise*



FLAME LANTERN PRESS

**Announcing the Release of**  
***Navigating Change***  
***Conscious Endings, Visionary Beginnings***  
**by Christine Warren**

**(Santa Fe, New Mexico, August 11, 2017)** Flame Lantern Press of Santa Fe, New Mexico is pleased to announce the release of Christine Warren's groundbreaking book *Navigating Change: Conscious Endings, Visionary Beginnings*. Thomas Amelio, President of the New York Open Center, offers the following: "Masterful, combines laser-like insights with a radiant spirit that makes you want to jump into the adventure of life!"

*Navigating Change* offers an inspiring, step-by-step map through Christine's Four Phases of Change, leading the reader from integrating endings consciously to creating a visionary new life. Christine's dynamic teachings, remarkable stories, and grounded guidance on the transformational journey of change show the reader the path forward with insight, hope and empowerment. The wisdom and guidance of the author's long-running national workshop, "Navigating Change," which has positively changed thousands of lives, is now available in the pages of this book.

*Navigating Change* offers:

- ❖ A potent, step-by-step guide to transformation through life transitions;
- ❖ Engaging stories of clients and students who have powerfully navigated daunting life changes;
- ❖ Powerful teachings in friendly, bite-size sections to enlighten your way;
- ❖ Compelling breakthroughs from the author's life of moving from darkness and loss to light and new life; and,
- ❖ Inspired practices to give readers clarity and insight.

Praise for *Navigating Change*:

*The timing of this insightful and powerful work will help all of us thrive in this age of accelerated global and personal change. Christine is a way shower. This book is a map to help you recreate your life.*

—Paul Deslauriers

Author, *Living in the High Energy Zone*

*If you're looking for a guide through change, this illuminating book will be your constant companion. Christine's wisdom pervades every page.*

—Dr. Peter Mellen

Author, *Ultimate Happiness: Chasing It, Finding It, Keeping It*

*Christine is a gifted writer and compelling storyteller. The practices in each chapter are steeped in the voice of wisdom from one who has delved deeply into her own journey of change and generously shares her insights, interwoven with grace, grit, spiritual teachings and humor.*

—Pasha Hogan

Author, *Third Time Lucky: A Creative Recovery*

Christine Warren is a 40-year national presenter of transformational workshops and a consultant, life coach, and speaker. She has taught at Esalen Institute, Kripalu Center, Omega Institute, Rowe Center, and 1440 Multiversity. Christine is a founding member of Kripalu Center. For more information about Christine and her work, please visit <http://www.ChristineWarrenWorkshops.com>.

Title: *Navigating Change: Conscious Endings, Visionary Beginnings*

Publisher: Flame Lantern Press

Category: Self-Help / Personal Growth

Publication: August 2017

ISBN: 978-0-9991395-0-9 paperback

ISBN: 978-0-9991395-1-6 eBook

Price: \$16.95 Quality Paperback - 226 pages

To book Christine Warren for an appearance or book talk, please contact:

Jeanie C. Williams, Director

PenPower Book Marketing Services

150 Washington Street, Suite 201

Santa Fe, New Mexico 87501

505-395-4540

info@penpowersf.com



FLAME LANTERN PRESS

*Praise for **Navigating Change: Conscious Endings, Visionary Beginnings**  
by **Christine Warren***

*www.ChristineWarrenWorkshops.com*

*Navigating Change: Conscious Endings, Visionary Beginnings is about death and rebirth – not physical death, but transformation of the old into the new. This inspiring, reader-friendly book is reminiscent of the enigmatic Zen saying, ‘If you die before you die, then when you die you will not die.’ Christine Warren brilliantly instructs us how to pay attention to the wisdom we all possess, and how to permit this inner knowing to emerge from our unconscious depths to the light of daily awareness – a place where balance, fulfillment, and joy are not rare but commonplace. If you are struggling to discover this vital place in your life, this is your book.*

*—Larry Dossey, MD*

*Author: One Mind: How Our Individual Mind Is Part of a Greater Consciousness and Why It Matters*

*Masterful . . . combines laser-like insights with a radiant spirit that makes you want to jump into the adventure of life!*

*—Thomas Amelio*

*President, New York Open Center*

*Christine Warren’s words of wisdom as a seasoned teacher of navigating change will help readers find guidance through life’s big transitions, and ultimately, give birth to their own True Self.*

*—Bernie Siegel, MD*

*Author, 365 Prescriptions For The Soul and The Art of Healing*

*If you’re looking for a guide through change, this illuminating book will be your constant companion. Christine’s potent wisdom pervades every page.*

*—Dr. Peter Mellen*

*Author, Ultimate Happiness: Chasing It, Finding It, Keeping It*

*Christine is a world-class facilitator and teacher in the field of personal transformation as well as a gifted writer and compelling storyteller. Her book serves as your trusted guide in charting the unknown and often uncomfortable territory that accompanies change. The practices in each chapter are steeped in the voice of wisdom from one who has delved deeply into her own journey of change and generously shares her insights, interwoven with grace, grit, spiritual teachings and humor.*

*—Pasha Hogan  
Author, *Third Time Lucky: A Creative Recovery**

*The timing of this insightful and powerful work will help all of us thrive in this age of accelerated global and personal change. Christine is a way shower. This book is a map to help you recreate your life.*

*—Paul Deslauriers  
Author, *Living in the High Energy Zone**

*An enlightening step-by-step guide for those going through big life transitions. I am recommending this to all of my therapy clients.*

*—Kate Feldman  
Director, *The Conscious Relationships Institute**



# FLAME LANTERN PRESS

## Christine Warren – Biographical Information



Christine Warren is a transformational teacher, life coach, counselor, and consultant with 40 years of experience. She is a founding member and 40-year faculty member of Kripalu Center and has led over 10,000 workshop participants in her life-changing work.

Christine has presented at Esalen Institute, Omega Institute, The New York Open Center, Atsitsa and Skyros Centres in Greece, at Rowe Conference Center, and in numerous other settings. She served as director of Kripalu Center's Foxhollow Leadership Center, co-leading four-day conscious leadership retreats for international business leaders. She has trained in advanced studies in Jungian Psychology at the Santa Fe Jung Institute, and in depth psychology at Pacifica College.

In the 80's and early 90's, Christine served as a corporate trainer and consultant, co-founding New Resources for Growth, a corporate training company teaching vision, teambuilding, and leadership to the executive teams of over 50 leading corporations.

Christine has been an inspirational speaker for the American Humanistic Psychologists conferences, and has led graduate-level workshops in transformational counseling at Long Island University and Lesley College.

She is the author of *Navigating Change: Conscious Endings, Visionary Beginnings*, and the forthcoming book entitled *Beyond Change: A Guide to Spiritual Awakening in Life Transitions*. She is also an accomplished professional painter. For more information about Christine, please visit her website at <http://www.ChristineWarrenWorkshops.com>.



## **Why I Wrote *Navigating Change:* *Conscious Endings, Visionary Beginnings***

### **Reflections from Christine Warren**

I've been teaching transformational workshops nationally for 40 years in a variety of settings, from spiritual centers to corporate leadership retreats. For the past 20 years, "Navigating Change" has been my core workshop, attended by thousands of people. In it, I've created a transformational map for going through change to help guide people navigating big life transitions.

My workshops embody my transformational approach to life: embracing our humanity with grounded human healing work and remembering who we are as great souls on a spiritual journey. They are deeply experiential and also filled with dynamic teachings and carefully created structure to give participants a step-by-step journey through my Four Phases of Change: Conscious Endings, The Mystery, The Phoenix Rises, and Visionary Beginnings.

I have always used many handouts and taught my core material from posters, and it seemed that no matter how many handouts I gave, my workshop guests kept asking for more, and wanting me to flip back through my newsprints so they could write everything down. I'd see people furiously taking notes to capture all they were learning of value. I'd hear from my students, sometimes years later, that they re-read their notes often and found them great reminders for their growth and inspiration.

Thirteen years ago, I was teaching "Navigating Change" at Kripalu Center. An editor with a New York City publishing house was present, and at the end of the workshop, he said, "this needs to be a book." So, I began writing in my Berkshire summer cottage office, and this book was born.

Over the thirteen years, the book grew. I deepened. The teaching deepened. My understanding of the change journey deepened. And more and more people kept taking my workshop "Navigating Change," and enriching my book with their humanity, vulnerability, courage, and remarkable stories.

My intention for my life, and all I have taught and written and created, has had one focus: to be of service to the greatness in us all, both humanly and spiritually. *Navigating Change* is the embodiment of what I teach that has helped so many people. My intention is that *Navigating Change* will be a lantern to light the pathway through big life transitions for as many people as I may reach.





FLAME LANTERN PRESS

[www.ChristineWarrenWorkshops.com](http://www.ChristineWarrenWorkshops.com)

***Navigating Change: Conscious Endings, Visionary Beginnings***  
by **Christine Warren**

Q & A's with author Christine Warren

1. How exactly do you help people who are going through big life transitions?

**Answer:** In change, we need a map. We want to understand where we are, how we got here, and how to move forward. We need to know what to do to find answers and hope and peace, and get through to the other side, to our new beginnings.

I start always by seeing and believing in the great, magnificent souls before me, no matter how they are presenting themselves, and no matter what they are going through at the time. To me, their life passages are the rich ground in which they are growing. I know that their circumstances and passing emotions do not define them. They define themselves by their positive outlook, their sincere practice of personal and spiritual growth work, and their good heart.

Then I give them directions. My map for change defines four phases, and each phase has powerful teachings illuminating what's going on, and helping the reader see what to do with the challenges and feelings that are present for them. There are inspiring exercises they can do, if they wish. There are stories from my own life and the lives of many I've counseled, coached, and taught, to show people who have travelled through tough territory and how they got through it with brilliance.

2. What is the single most important piece of advice you would give to someone at the outset of a big life transition?

**Answer:** First, have faith in the process you find yourself in. There's a quote about this by the poet Hafiz, which goes: *"This place where you are right now, God circled on a map for you. The Beloved circled, knowing you were coming."* When big change hits, we tend to either run from it or revolt against it, thinking something is terribly wrong, and that increases our fear and stress and unhappiness.

Pull back the camera and see that you are a great soul on a transformational journey. Everything happening in your life is here to help you deepen, grow, and learn, even when it's painful at first. As you embrace what's happening as part of the plan to help you grow, you can begin to mine the gifts and the gold inherent in what's happening. You'll begin to see new possibilities opening up for your life.

This doesn't just happen effortlessly on its own; however. You need a map and teachings and understanding of the territory you are in at every phase of the journey. This book is that map through change.

3. What is one of the biggest mistakes you see people make in the throes of big life changes, and what is the remedy?

**Answer:** The biggest mistake I see people make is to rush forward too quickly into the next career, relocation, relationship or form in their life, without doing the inner work needed to find out who they used to be, and who they are becoming. This self-awareness requires reflection, guidance, and time in what I call *The Mystery* in my map of change, a time to reflect and allow the new you to gestate and be born. When people rush forward into dating, moving, new jobs and other forms without first digging the inner well, so to speak, they are bound to recreate who they used to be in a new package. Then they suffer all over again, wondering why their new form has not provided the breakthrough and happiness they sought.

When it's time to move forward, and you've done your inner work, as guided in my book, you will know the right timing for you to move on with all your heart. You will know exactly who and what is right for your next steps.

4. What kind of reader would gain most from your book, instead of reading a book by another author? Why might a reader going through change benefit most from your book?

**Answer:** We live in a time of awakening spirituality, and I think that's so wonderful. I am grateful to be part of this awakening as a teacher and coach, as well as a fellow traveler on the path. So many people today are awakening spiritually, in their own unique ways, while still doing nitty-gritty human healing work.

The people who resonate with my work are those who are interested in growing in their consciousness and spirituality, as well as in being joyful, authentic, fulfilled human beings standing in their power and magnificence, leading lives of fullness and goodness.

We need this divine/human balance or we become either what I call "prematurely transcendent," which is very dull indeed, or else, "living history" — just repeating our old patterns and beliefs endlessly without really going through profound transformation. We are both human and divine so we need an approach that embraces all of us. That's my focus and what I write about, offer, and teach.

I have been teaching transformation for 40 years, and I've worked with thousands of people going through their biggest life challenges in relationships, deaths, career shifts and spiritual and personal growth challenges. I bring my seasoned teacher and guide to the table of life. Specifically, "Navigating Change" is a workshop I've led for 20 years now, primarily at Kripalu Center, but also at Esalen and elsewhere. I've

had a depth of experience applying my approach to change through the Four Phases of Change. I've seen miracles happen in so many lives; breakthroughs, healing, illumination and freedom replacing darkness and loss. In my last workshop, a man who has done much personal growth work told me at the end: "Christine, people just don't change as dramatically as I've seen here in a weekend workshop. This is special stuff." My hope is that my book will impart that same freedom and opening to my readers.

5. What would you most like to say to people who are in pain over the end of a marriage or relationship, or have lost a job they counted on, or are going through a dark night of the soul in their change journey?

**Answer:** I would say to them: You are not alone, and all is well in the biggest picture of your life. You are at the beginning of a profound journey that is going to lead you forward into ultimately finding greater pieces of yourself coming to life to bless and honor who you are. You are going to learn how to live from your magnificence, not from an old outgrown sense of who you once were. You may be going through this hard time precisely because you are growing and evolving. The old coat has grown too tight and life is inviting you to remove it and step forth. Some old form that once resonated with who you were when you created it is now falling away.

6. Any last thoughts for the reader?

**Answer:** Remember who you are. You are here for a great purpose. You are a great soul on a deep journey home to your Source of Being. Everything you go through is to help you learn, deepen, and grow. Ultimately, with awareness, every experience you have opens your heart to who you really are, and who others are too. All of us are just walking each other home, as the teacher Ram Dass puts it, homeward on the great path of life. My deepest wish is that *Navigating Change* offers a light to illuminate your way with understanding, reassurance, and insight. I hope you join me in that journey on these pages.