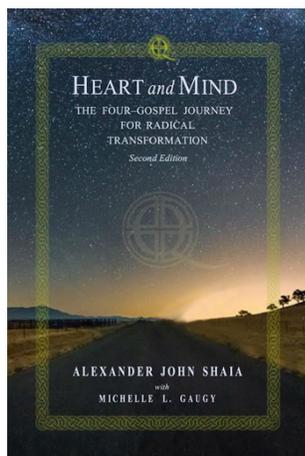

Alexander J. Shaia, PhD

Author of

Heart and Mind

The Four Gospel-Journey for Radical Transformation



Heart and Mind: The Four Gospel-Journey for Radical Transformation explores how the gospels help us address the complexities of contemporary life and are a map for our never-ending spiritual journey. Dr. Shaia employs Christian traditions, anthropology, and modern psychology to examine the four Christian gospels, the original communities for which they were written, and the ancient gospel reading sequence. The four-fold, sequential and cyclical journey of spiritual transformation relates to each gospel, its core question, and essential practices:

Matthew	<i>How do we face change?</i>
Mark	<i>How do we move through suffering?</i>
John	<i>How do we receive joy?</i>
Luke	<i>How do we mature in service?</i>

Born and raised in Birmingham, Alabama, Alexander Shaia grew up as part of a large, extended family that had emigrated from Lebanon a generation previously. He grew up with the traditions of Maronite Catholicism and was expected to become a priest, a family tradition since the year 1300. Dr. Shaia chose otherwise.

He attended the University of Notre Dame and received a degree in cultural anthropology. Next came a Master's in Counseling Education, a Master's in Religious Education, a graduate certificate in Pastoral Psychotherapy, and a Ph.D. in Clinical Psychology. His training includes time in Switzerland where he studied with Jungian analyst Dora M. Kalff, and additional time at the Jung Institute. Returning to the United States, many years of teaching and study continued to build on a life-long practice of prayer.



Today, Dr. Shaia continues as an educator, spiritual director, psychologist, liturgist, writer, and passionate professional speaker. He is the founder and director of the Blue Door Retreat in Santa Fe, New Mexico. Dr. Shaia travels internationally, lecturing and conducting workshops and retreats on the four-gospel journey of transformation, liturgy, and the eight essential practices to renew Christian spirituality.