

Befriending Your Stranger: An Active Journey to Inner Joy

BY ARNIE FREIMAN

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PURCHASE THE BOOK

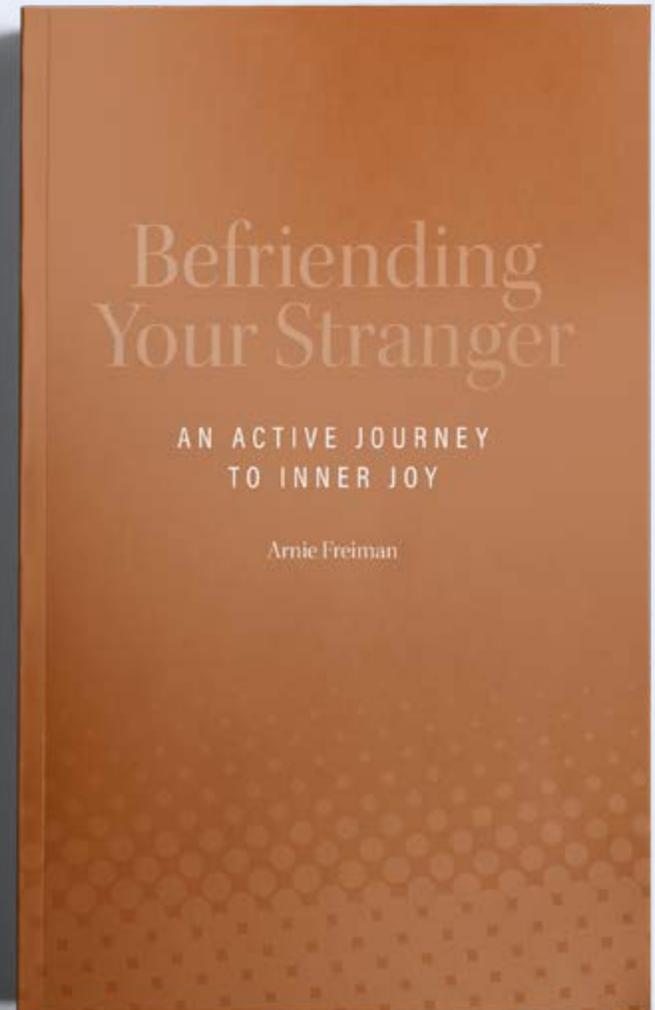
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MEDIA APPEARANCES

Guest on [The Authentic Connection Movement](#) Podcast

Q&A with [Inner Realm Magazine](#), September 2019 issue

Article "Balancing Air with Earth: Essential Steps for True Happiness" with [Spiritual Life Media](#), issue #63



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SEL021000 SELF-HELP / Motivational & Inspirational, SEL032000 SELF-HELP / Spiritual, OCC011020 BODY, MIND, & SPIRIT / Healing / Prayer & Spiritual, 200 pages, (5.5 x 8.5in), Available in stores September 2019. Preorder available online at Amazon, Books-A-Million, Barnes & Noble, etc.

It's time to meet your Stranger. Your Stranger is who you were before you hid or bargained yourself away. Your Stranger is your truth, your connection to the Divine, and the shared spark with every person you meet.

Arnie.

“

“Befriending Your Stranger is stories, poetry, blessings and practices guiding you back to yourself. It’s an active book that touches deeply into our Being, opening your heart, reclaiming meaning and purposes.”

—**Barry Heerman**

Ph.D. and author of *Noble Purpose:
Igniting Extraordinary Passion for Life and Work*

“The truths in this book that come from the author’s heart are something you can trust, engage with, and, in doing so, will most likely discover a deep joy deep inside that you may have long forgotten. This book is a loving reminder of what is most important in living an authentic life in this body, on this planet, at this time.”

—**Warren Bellows**

Lic. Ac. and author of *Floral Acupuncture:
Applying the Flower Essences of Dr. Bach to Acupuncture Sites*

“Although clearly structured, it’s loose and it pirouettes between the deep raw personal and the didactic old Rebbe.”

—**Paul Bailey**

Former President of the New Zealand Psychotherapy Association





ABOUT ARNIE

Arnie's life journey has led him on a path of passion and whole-person authenticity—in spiritual, financial, healthcare, and education. His expansive history and sheer depth of character enable him to serve as an insightful guide for folks in search of their inner, most truest self. Arnie is a feeler. He feels life—his and yours—deeply and uses love, wisdom, spirituality, humor, fresh air, and food to lead people home.

Most beautifully, though, Arnie is a friend in the truest sense of the word. He's also a father, an ex-husband, and a cancer survivor. A man who's walked an impossibly bumpy road. He is all the layers of a human being with a lived life. Buy him a glass of wine—heck, a bottle—and he'll tell you all about it.

All of my searching has led me to this profound truth: true healing is about connection. And the first connection you must make is with yourself; I want to help you discover and embrace your Stranger. Wisdom echoes within all of us, but we need to relearn how to access it. You won't find truth on TV. Real answers can't be defrosted and microwaved. The key of this journey is learning to reconnect to parts of yourself that have become numbed or muted, thereby restoring balance to your life. We can't accomplish that task successfully in isolation. Healing comes from transformative reconnection—with ourselves, with others, and with the Divine. Now, the "Divine" goes by many different names (God, Mother Earth, universal knowledge, the sacred, and so on) and can mean many things to different people. Here I'm using it as a general spiritual term. The Divine in this book is your specific belief system—whatever that may be.

Reclaim

Take me into the Divine Mystery
Of Life.
I am in search of my Soul
Looking for that place
Of Wholeness;
Where healing is at home
And we come to be in the One.
I hear tell God resides there
And the way in is through Love
Help me to come through my fear
And enter into the garden of wonder and awe.
Amen

This is an invitation to healing. This is an invitation to finding your truest self—to finding your Stranger. *Befriending Your Stranger* is a guide to unlocking the Eight Qualities of the Heart: reclaiming, proclaiming, opening, listening, uniting, meeting, befriending, and appreciating.

Reclaiming

Listen to your own voice. What do you hear? Identify your own voice from those competing with yourself. Can you find the periods of conflict? Did you realize you had a choice to make? To what outcomes did they lead?

Proclaiming

Think back to moments when you had to go beyond your comfort zone. How did you respond to this call? Practice and proclaim. What do you share with the world about yourself and your truth? What would you like to share?

Opening

Recounter the world as if you are a child. What has shifted or changed? Try to act out this place of listening by acknowledging the differences. How does it feel to trust your inner guidance?

Listening

Continue to breathe until your breath slows into a rhythm. Where do you go when you're at the most peace? Go to this place daily. What is waiting for you? What story has started to unfold?

Uniting

It is time to act. How do your interactions affect those around you? Find someone to engage with and take the chance. What new priorities have you discovered through this process? What have you accomplished?

Meeting

Court your Stranger. What technique feels the most natural for you? Writing? Drawing? Dancing? Choose one and stay with it. Your Stranger will come to you.

Befriending

Exercise living in liminal time. Make space and watch your thoughts. Where does this connection take you? What is your Stranger telling you? What can you do to live more authentically?

Appreciating

Focus on all the qualities of the heart. What are you worth? What values and gratitude have culminated? Cultivate hope and feel the potential life gives us. What strides have you made towards healing?

Take this journey and walk with Arnie.

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ABOUT SOPHUS PRESS

Sophus Press is a small publisher focused on highlighting the work of personal growth, heart-centered and life changing authors. The mission of Sophus Press is to be a forum for innovative works that don't easily fit into today's commercially driven publishing industry.

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