

Summary of
*Living in Process: Basic Truths for
Living the Path of the Soul*

by Anne Wilson Schaefer ¹

Core Insight

Living in Process is a reflective and spiritually grounded work that challenges conventional ideas of healing and self-improvement. It invites readers to shift from striving for perfection toward embracing life as an ongoing, unfolding process.

The Central Message: Life Is Not a Problem to Solve

Schaefer critiques the “Western disease”—a mindset rooted in control, performance, and constant improvement. Instead, she presents life as non-linear and evolving, where growth happens through awareness, surrender, and participation.

Process vs. Product Living

Product Living: Goal-oriented, focused on outcomes, control, and certainty.

Process Living: Open-ended, rooted in presence, curiosity, and embracing uncertainty.

The Addiction to Control

Schaefer expands addiction beyond substances to include approval, success, and certainty. Healing begins when we recognize these patterns and release the need to control everything.

Spiritual Awakening as a Process

Spiritual growth is continuous. It involves letting go of ego-driven identities and trusting a deeper reality, living with humility and openness.

¹ *Living in Process* by Anne Wilson Schaefer. (Ballantine Books, 1998, iUniverse, Bloomington, IN, 2018); available at [Amazon.com: Living in Process : Basic Truths for Living the Path of the Soul: 780345394071: Schaefer, Anne Wilson: Books](https://www.amazon.com/Living-in-Process-Basic-Truths-for-Living-the-Path-of-the-Soul/dp/0345394071) and other book sellers.

Summary created using ChatGPT – April 2026 – www.lifesjourney.us

Relationships and Community

Transformation happens in relationship. Authentic connection requires honesty, vulnerability, and being truly seen.

Embracing Paradox and Mystery

A mature life holds both joy and grief, clarity and confusion. We learn to live within tension rather than resolve it.

Key Takeaways

- Life is a process, not a project
- Control is an illusion; participation is real
- Growth requires letting go
- Authenticity comes through awareness
- Healing uncovers who we already are

Final Reflection

Instead of asking 'Am I doing life right?' we ask 'Am I present to the life unfolding in me?'