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this primer on authentic education explores how mind and heart can work together in the learning process moving beyond the bankruptcy of our current model of education parker palmer finds the soul of education through a lifelong cultivation of the wisdom each of us possesses and can share to benefit others bianchi s wide ranging book draws together insights from the social sciences the humanities and religion to establish a holistic framework for a spirituality of aging he argues that middle life and late adulthood present opportunities for turning inward for a deeper contemplative life within the context of active worldly endeavors this can also augur a reform of social relationships beyond individual development alone toward the creation of a more cooperative just society in this way physical decline is countered by a spiritual ascent he summons aging persons fortified with universal values and concerns gained from age and experience to return to the centers of decision making throughout the author ponders such questions as personal power identity fear freedom contemplation sexuality the church faith suffering and hope in candid interviews older religious leaders reflect on their early value formation personal traumas choice of careers midlife transitions experiences of old age and the prospect of death in dwelling mainly on human spiritual dilemmas of the aging cycle bianchi offers a strong clear message of hope one that stands against the tide of our culture which tends to shunt older people to the outer eddies of life s stream aging as a spiritual journey is immensely valuable to all laypersons and those in the helping professions who are concerned about the quality of the aging process a guide to meditative breathing practices in western religions and how these practices provide a direct experience of god reveals how western spiritual traditions such as the book of genesis the jewish teachings of ruach and the poetry of rumi contain hidden instruction for meditative breathing practices explains how breathing practices can bring all of us including christians muslims and jews closer to a direct experience of the palpable presence of god provides guidelines and best practices for meditative breathing through a personal journal of the author s own meditative retreat surprised by the number of attendees from western spiritual traditions at his buddhist retreats will johnson wanted to understand what drew them to this type of spiritual experience he found many devoted christians were in search of a more direct experience of god beyond faith alone so he began exploring what breathing practices could be found in the sacred texts of western monotheistic religions johnson discovered that like their eastern counterparts western traditions speak of gaining direct access to god via the breath after experimenting with these teachings during a 10 day retreat at a desert monastery he discovered that each of us has the potential to open up to the presence of spirit in every breath in this book the author offers a close look at the importance of breath in each major western religion including the jewish teachings of ruach as life giving spirit in the form of breath and the islamic poetry of rumi which describes breath as essential for cleansing the soul he then ties each breathing tradition to the book of genesis sacred to christians muslims and jews alike and the lord god formed man of the dust of the ground and breathed into his nostrils the breath of life and man became a living being just as god blew life into adam every breath we take if we follow the breathing practice of surrendering completely to inhalation can open us up to the presence of god through his own contemplative journey johnson shares his experience of striving to surrender to the fullest presence of god through each breath as

he takes the reader step by step through his own breathing practice the author explains his physical and mental techniques for meditating successfully through breath and provides helpful guidelines to get the most out of meditative retreats johnson also offers deep reflections on how these shared practices of experiencing god through the breath transcend religious differences as your soul awakens and remembers its purpose you will begin to heal all that ails you spiritual healing is the gateway to healing your mind body and spirit tools for spiritual healing is a non denominational tutorial style book for beginners offering guidance and insight into the root causes of all illness be it mental emotional physical or spiritual and a variety of self help tools for the reader to use to reach optimal levels of spiritual healing tools for spiritual healing offers case examples for the reader to use as a guide to understanding the process of identifying areas in need of healing and the tools for reaching optimal spiritual wellness through meditation visualization emotional freedom technique prayer intention and energy work to name a few this is a divinely inspired gift of a book for those who are ready to tap into the true essence of their spirituality and learn important techniques for living a fully healed happy and soul guided life dianne bischoff james author of the real brass ring anne magdalene is a licensed social worker and psychic medium who has successfully woven both disciplines into one working with people from all over the world to begin their journey to spiritual wellness anne magdalene has personally used the techniques described in tools for spiritual healing and offers first hand knowledge and insight into the effectiveness of these tools rod dempsey and dave earley draw on years of experience as pastors church planters professors and transformed believers to equip readers to grow in their spiritual walk with christ spiritual formation is challenges believers to grow upward inward and outward in their spiritual formation by loving god loving one another and loving our neighbors written in a down to earth approachable style that invites readers to come as they are spiritual formation is introduces the principles philosophy and practice of sanctification are you facing a spiritual battle that seems too big to win a sense of hopelessness or defeat that you can t seem to beat satan knows he can block your effectiveness as a christian if he can deceive you into believing you are nothing but a product of your past subject to sin prone to failure controlled by your habits winning spiritual warfare provides a practical step by step guide to overcoming the strategies of the devil in clear easy to understand terms author neil anderson shows you what you can do to experience the full victory and freedom that christ purchased for you on the cross for the novice or expert this short primer clarifies the basic terms and concepts that are critical to understanding what spiritual growth is and how we can go about realizing it it describes how we must learn from our circumstances and environment to find our own path toward accepting feeling and knowing that our divinity lies within to understand this is easy to fully embrace it can be challenging however it is through the expression of being and living with love and joy that brings about the spiritual growth and transformation we seek based on information gathered from the internationally used spiritual needs questionnaire this book offers analyses of the spiritual and existential needs among different groups of people such as the chronically ill elderly adolescents mothers of sick children refugees patients relatives and others the theoretical background specific empirical findings and the relevance of addressing spiritual needs is discussed by experts from different professions and cultural contexts supporting a person s spiritual needs remains an important task of future healthcare systems that wish to more comprehensively care for the healthcare needs of patients and of religious communities to ensure that spiritual concerns of all persons independent of their religious orientations are met in and outside healthcare settings 2021 illumination book awards silver medal health wellness for centuries spiritual and meditative practices have helped people become more calm focused and happy christian saints such as john of the cross and teresa of avila encouraged habits of the heart and soul now we know that such habits benefit the whole person in spiritual practices for the brain anne kertz kernion founder of cards by anne relies on the most current research to link spiritual practices to improved health relying on her education and experience in brain development positive psychology and theology anne is able to relate seemingly simple practices such as focused breathing gardening practicing kindness or going for a walk with powerful results for your mind body and soul her presentation is friendly and readable and each chapter explores a specific topic such as the breath gratitude and self compassion and includes simple practices for readers to try as an artist and an exercise instructor she exudes encouragement and hope for the person learning a new practice or revisiting an old one in the expanded edition of this profound exploration of christian identity

david g benner illuminates the spirituality of self discovery he exposes the false selves that you may hide behind and calls you to discover the true self that emerges from your uniqueness in christ deepen your experience of god through discovering the gift of being yourself a spirituality of healing and integration offers much needed wisdom for the spiritual landscape we find ourselves in at this time the inspiring symbolism intertwined with scripture story and insights from psychology makes it a compelling read it outlines succinctly and clearly where we have come from and where we find ourselves as church in ireland today but it doesn't stop there it navigates us towards a spirituality of the future and offers a direction in which we can be orientating ourselves in religious practice life is like a voyage on the sea of history often dark and stormy a voyage in which we watch for the stars that indicate the route spe salvi 49 in vol 6 of wood you believe through scripture and sculpture story and self acceptance jim cogley encourages his readers to face the turbulence of today's faith voyage and drop anchor in the spirit of god within shadow and light wholeness and imperfection are embraced on the self abandon voyage leading towards the living water welling up within to eternal life john 4 14 phrases such as the samaritan woman went away with the well when we listen something new is born transformation under new management let go let god are like pop ups that sparkle anew throughout a spirituality of healing and integration leading the reader to jesus the true light the sun that has risen above the shadow of history spe salvi 49 bishop eamonn walsh this collection presents more than 650 readings about daily life from present day authors inside jacket flap advisor coach mentor support professional therapist business owner spiritual beliefs business and spirituality are thought to be irreconcilable in humorous non prescriptive style the authors share the highs and lows of integrating the two touching profound raw and raucous my macguffin enables the enablers to lift the world of commerce to its highest ideal an indispensable resource for improving your practice and your clientele in life you meet few special people with an undeniable sense of integrity sharing and generosity i've just had such an experience and i want to share how i feel because these feelings create incredible memories thank you so much jayden for your unconditional giving andrea gutwirth soultalk foundation michael is a spiritual mentor for me and when it comes to business coaching he'll save you money and mistakes simon dixon author ceo bank to the future alfred hitchcock termed a plot device as a macguffin a seemingly vital element the hidden contents of a case secret documents unseen by the audience yet intrinsic to character motivation it correlates with the quest to learn who we are why we are here and where we're going jayden bliss built a successful software company before founding a global networking organisation he has since run property and financial services ventures diversifying as an award winning film short producer michael nunes burgess has undertaken more than eight thousand client sessions in seventeen years in management consulting thousands of students have gained from his endorsed social enterprise and business programmes companionship for the lifelong journey of recovery in addiction and recovery a spiritual pilgrimage martha postlethwaite pastor and a person in recovery reflects on her pilgrimage of healing through valleys of despair and vistas of resurrection addiction and recovery is not just postlethwaite's story though she also draws on the wisdom of pilgrims who have walked other paths to explore themes such as surrender truth telling shame powerlessness grace forgiveness and resurrection together these chronicles bring hope to people who struggle with the disease of addiction and to those who love them each chapter ends with questions to reflect on with conversation partners or in a journal and a spiritual practice the spiritual practices are related to the chapter themes and serve as samplers but they can be woven into the reader's own pilgrimage readers will recognize themselves in these stories and reflections learn that they are not alone and find reasons to hope as they make their own pilgrimage seize the joy and healing power of dance drawing from her years of experience as a dance and movement teacher and as cofounder of the international dance organization interplay cynthia winton henry helps you overcome your embarrassment or anxiety and discover in dance a place of solace and restoration as well as an energizing spiritual force she taps into the spirit of dancing throughout history and in many world cultures to provide detailed exercises that will help you learn to trust your body and interpret its physical and spiritual intentions for both newcomers and seasoned movers alike she encourages you to embrace dance as a spiritual tool to this book can be used as a weekly support group guide with a facilitator by going through each step weekly and sharing your experiences and thoughts that you deem valuable you will be able to interact with others and reflect on your shared addictions and journeys this material is easy reading for all adults

this journey will be an awakening to gods compassion and grace by combining the twelve steps with scriptures this book will help you to heal from damaged emotions and continue to work on your recovery with support and encouragement from others who are journaling along with you this book will provide you with an opportunity to develop balance and to establish a renewed relationship with god this book explores how people draw upon spiritual religious or faith based practices to support their mental wellness amidst forms of chronicity from diverse global contexts and spiritual perspectives this volume critically examines several chronic conditions such as psychosis diabetes depression oppressive forces of colonization and social marginalization attacks of spirit possession or other forms of persistent mental duress as an inter and transdisciplinary collection the chapters include innovative ethnographic observations and over 300 in depth interviews with care providers and individuals living in chronicity analyzed primarily from the phenomenological and hermeneutic meaning making traditions overall this book depicts a modern global era in which spirituality and religion maintain an important role in many peoples lives underscoring a need for increased awareness intersectoral collaboration and practical training for varied care providers this book will be of interest to scholars of religion and health the sociology and psychology of religion medical and psychological anthropology religious studies and global health studies as well as applied health and mental health professionals in psychology social work physical and occupational therapy cultural psychiatry public health and medicine how can we experience god god has communicated with his people throughout the ages in many ways adam and eve encountered him directly in the garden of eden teresa of avila experienced him through visions and francis of assisi heard his voice in nature this book gives practical advice for connecting on a deeply personal level with god it uncovers new places to look for god while providing reflection questions and activities to reinvigorate communication with god in such traditional areas as prayer and bible study divided into twelve chapters conveniently organized for individual or group study each section explores a different area in which we can deepen our individual communion with god the renovaré spiritual formation guides created by richard j foster and the team that developed the renovaré spiritual formation bible and the longstanding a spiritual formation workbook provide tangible lessons that help us become spiritually formed conformed and transformed into the image of jesus christ geared for either individual study or use in small groups each renovaré spiritual formation guide explores one facet of our life with god providing readings from scripture as well as classic and contemporary works of spirituality the combination of readings reflection questions exercises and activities makes these books invaluable interactive guides that prompt true spiritual growth lauren attress reintroduces the ancient labyrinth a walking meditation that transcends the limits of still meditation and shows us the possibilities it brings for renewal and change walking the labyrinth has reemerged today as a metaphor for the spiritual journey and a powerful tool for transformation this walking meditation is an archetype a mystical ritual found in all religious traditions it quiets the mind and opens the soul walking a sacred path explores the historical origins of this divine imprint and shares the discoveries of modern day seekers it shows us the potential of the labyrinth to inspire change and renewal and serves as a guide to help us develop the higher level of human awareness we need to survive in the twenty first century drawn from a rich heritage spiritual disciplines for the christian life will guide you through a carefully selected array of disciplines by illustrating why the disciplines are important showing how each one will help you grow in godliness and offering practical suggestions for cultivating them spiritual disciplines for the christian life will provide you with a refreshing opportunity to become more like christ and grow in character and maturity now updated and revised to equip a new generation of readers this anniversary edition features in depth discussions on each of the key disciplines are there some things that you wished others would discuss many times i have gone into the bookstore and have hoped that i would find a book that dealt with some of the tough things in life i would find a few topics in a book but many topics were not being discussed one day while i was at work one of my co workers told me that she was writing a book about poems i got so excited for her but at the same time god began to stir up some things within me he reminded me about the spiritual highlights that he had given me the next time i saw my co worker i told her about the highlights and she encouraged me to get them published spiritual highlights for our souls is a book written for the unsaved and saved it is a book that does not make you feel that you are unworthy of god s love but it makes you feel that his love is unconditional for you the highlights covers many topics that most people think about but chooses not to

discuss some of the highlights will make you cry some will make you laugh and all of them will inspire you to tell satan enough is enough helen harmelink cepero looks at how we can use journal writing to enhance and support other disciplines such as discernment self understanding attention to god prayer and more doc bic s history as a disciple of christ is long and complex his life as a physician surgeon and career military officer colonel was built upon a spiritual foundation dating as far back as he can remember or as he puts it at least since a toddler on my mother s lap in devoted church life doubting that he ever did consciously not believe in god and christ as his savior he does note his public formal declaration as early as around the age of twelve already well into a christian life of worship growing up in the projects of bradenton florida afforded the early honing of prayer skills and spiritual warfare and his subsequent migration through various protestant denominations and catholicism helped him develop a mature view of the commonality of true worship as well as an appreciation of the divisiveness of bias within the body of christ he credits non biblical doctrine and tradition as a severe stumbling block until god finally rescued him from it now as he makes his rounds through non denominational fellowships his grey haired perspective advances into senior mentoring and blessing of his brothers and sisters in his love for the kingdom of god long ago recognizing his calling into the office of teacher he has pursued his studies and support intermixed with his secular careers always devoted to staying attuned to god s next mission for him he partners with a devoted wife of 36 years who wears a mutually beneficial gifted intercessory prayer calling as well as being blessed by gifted callings upon his children equally beneficial and mutually supportive his only pursuit today is to be still hear his father s voice and then move out i was born into death i died into birth and now i live in immortality to serve my father how can we foster spiritual growth in ourselves as parents a perfect gift for the new parent a helpful guide for anyone seeking to re envision family life parenting as a spiritual journey explores the transformative spiritual adventure that all parents can experience while bringing up their children parenting as a spiritual journey shows by looking at a typical day s routine how even the seemingly insignificant moments in a day with your child can be full of spiritual meaning from waking up in the morning to bedtime at night there are so many opportunities for parent and child to connect in a spiritual way fuchs kreimer helps us see those possibilities revealing how parents can come to recognize understand and appreciate the joys insecurities wonder and awe that can contribute to the spiritual fulfillment of raising children fuchs kreimer s interviews with over one hundred parents plus her own experiences as a mother of two illuminate the journey we take every day in raising our children included are rituals prayers and inspiring passages from sacred jewish texts as well as from other religious traditions that are woven throughout this wise funny and lyrical book want to get in touch with your spiritual side spirituality for dummies 2nd edition shows you how to use spiritual principles to understand and improve your life empower you mind and nourish your soul complete with a cd filled with calming spiritual music it is your personal guide to serenity and spiritual healing spiritual philosopher sharon janis shows you how to discover the deeper calling of your soul survive and thrive through adversity and look at the world with optimism you ll learn how to use meditation yoga prayer and journaling for inward reflection and to spark new vistas as you unfold your own spiritual wisdom and move forward on your spiritual journey in your own individual way you ll find similarities and differences among a variety basic spiritual concepts from different religious and philosophical traditions and you ll discover how to find your spiritual path uplift your body mind and spirit fulfill your greatest dreams spiritualize your relationships cultivate your spiritual virtues increase your inner peace and happiness turn troubles into triumphs recognize yourself as a co creator be a vip a very inspired person the companion cd that accompanies this gentle guide brings you more than 60 minutes of inspirational music from around the world it features the author and other artists performing songs and chants from christian jewish buddhist and hindu traditions in their native languages note cd rom dvd and other supplementary materials are not included as part of ebook file it is often assumed that there are two ways of interpreting the world a rational scientific way or an irrational religious way spiritual science offers a third alternative a spiritual view of reality that transcends both conventional science and religion and answers many of the riddles that neither can explain the standard model of science has had little success in explaining such areas as human consciousness the connection between the mind and the body altruism and anomalous phenomena such as near death experiences psi phenomena such as telepathy and spiritual experiences but from a panspiritist point of view which sees spirit or consciousness as a fundamental essence of reality it

is possible to make sense of all these things steve taylor puts forward the evidence for a spiritual view of reality drawing on the insights of philosophers physicists mystics as well as spiritual traditions and indigenous cultures he systematically shows how a panspiritist view can explain many puzzling aspects of science and the world including evolution and the origins of life and a wide range of other phenomena such as quantum physics the placebo effect precognition and neuroplasticity spiritual science offers a new vision of the world that is compatible with both modern science and ancient spiritual teachings it provides a more accurate and holistic account of reality than conventional science or religion integrating a wide range of phenomena that are excluded from both after showing how the materialist worldview demeans the world and human life spiritual science offers a brighter alternative a vision of the world as sacred and interconnected and of human life as meaningful and purposeful spiritual science explains how the standard materialist model of reality developed and turned into a belief system this belief system can only function by denying or explaining away a whole range of phenomena that are part of human experience it is possible to be scientific without adopting this belief system in fact it is much more rational to do so learning to journal as a way of developing spirituality many of the world's best known activists for peace and social justice have also been deeply religious people nonetheless it is easy to think of social action as an afterthought to our spiritual lives something we do to express our values rather than as part of our spiritual practice lifelong nonviolent activist dick taylor has observed that spiritual openings and deep faith experiences in his life have often occurred in the midst of an action similarly he has found in his religious journey as a quaker the strength the courage and the wisdom for discernment that have helped him in occasions of difficult and scary witness using his own stories which span the civil rights movement to the present time taylor explores the relationship between spirituality and nonviolent direct action discussion questions included when i begin to write i open myself and wait and when i turn toward an inner spiritual awareness i open myself and wait with that insight pat schneider invites readers to contemplate their lives and deepest questions through writing in seventeen concise thematic chapters that include meditations on topics such as fear freedom tradition in writing and in religions forgiveness joy social justice and death how the light gets in gracefully guides readers through the artistic and spiritual questions that life offers to everyone praised as a fuse lighter by author julia cameron and the wisest teacher of writing i know by the celebrated writing guru peter elbow pat schneider has lived a life of writing and teaching passion and compassion with how the light gets in she delves beyond the typical how to's of writing to offer an extended rumination on two inner paths and how they can run as one schneider's book is distinct from the many others in the popular spirituality and creative writing genre by virtue of its approach using one's lived experience including the experience of writing as a springboard for expressing the often ineffable events that define everyday life her belief that writing about one's own life leads to greater consciousness satisfaction and wisdom energizes the book and carries the reader elegantly through difficult topics as schneider writes all of us live in relation to mystery and becoming conscious of that relationship can be a beginning point for a spiritual practice whether we experience mystery in nature in ecstatic love in the eyes of our children our friends the animals we love or in more strange experiences of intuition synchronicity or prescience the science of spirituality is a ground breaking book that integrates the individual systems of science psychology philosophy spirituality and religion into a unified system that describes the multi dimensional nature of man and the universe it provides a more comprehensive description of reality than conventional science can offer and fully explains the mechanisms behind an array of paranormal phenomena that mainstream science chooses to ignore it explains the science behind religious spiritual and new age belief systems and sheds light on some common misconceptions the science of spirituality systematically describes the mechanisms behind a diverse range of subject matter including consciousness sleep and dreams reincarnation religion creation evolution space and time higher dimensions heaven and hell ghosts angels and demons out of body experiences near death experiences clairvoyance psychic abilities personal development meditation and the meaning of life bianchi's wide ranging book draws together insights from the social sciences the humanities and religion to establish a holistic framework for a spirituality of aging he argues that middle life and late adulthood present opportunities for turning inward for a deeper contemplative life within the context of active worldly endeavors this can also augur a reform of social relationships beyond individual development alone toward the creation of a more cooperative just society in this way physical decline is countered by a

spiritual ascent he summons aging persons fortified with universal values and concerns gained from age and experience to return to the centers of decision making throughout the author ponders such questions as personal power identity fear freedom contemplation sexuality the church faith suffering and hope in candid interviews older religious leaders reflect on their early value formation personal traumas choice of careers midlife transitions experiences of old age and the prospect of death in dwelling mainly on human spiritual dilemmas of the aging cycle bianchi offers a strong clear message of hope one that stands against the tide of our culture which tends to shunt older people to the outer eddies of life's stream aging as a spiritual journey is immensely valuable to all laypersons and those in the helping professions who are concerned about the quality of the aging process explains the aging process based on the buddhist tenet about the inevitability of change with descriptions of the four key stages of aging and advice about awareness adaptation and acceptance bill purvis had to be left for dead before he discovered that everything he was searching for could be found in jesus christ as a teen purvis nearly died when stabbed three times by a pimp during an encounter with a prostitute with his pericardium sac pierced liver punctured and his jugular vein completely severed he cried out to jesus who miraculously saved his life in the more than thirty years since that day he's built a large church and become a leader and mentor to many make a break for it is a transformational road map meant to guide you by helping you pinpoint where you need to start and then providing detailed step by step guidance on how to successfully and continuously cultivate the transformation god has in mind for you your life will truly be transformed as you discover the importance of alone time with god the secret to keeping your own excuses from holding you back the significant role mentors play in your success how to handle betrayal and how to cultivate traits like integrity and humility you have all of the tools you need to break out of the mold and begin living the life god called you to describes the unique teaching of a course in miracles that the quest for god is best accomplished through the transformation of our relationships from special relationships based on separate interests to holy relationships based on a common goal this book is a revised and combined version of two earlier booklets that i wrote they were two of the most popular books we have published i hope that this expanded book will be as helpful to people seeking both to find a better way to be in relationship and to experience the love of god spirituality is too often subsumed under the heading of religion and treated as much the same kind of thing yet spirituality extends far beyond the spaces of religion the spiritual makes geography strange challenging the relationship between the known and the unknown between the real and the ideal and prompting exciting possibilities for charting the ineffable spaces of the divine which lie somehow beyond geography in setting itself that task this book pushes the boundaries of geographies of religion to bring into direct focus questions of spirituality by seeing religion through the lens of practice rather than as a set of beliefs geographies of religion can be interpreted much more widely bringing a whole range of other spiritual practices and spaces to light the book is split into three sections each contextualised with an editors introduction to explore the spaces of spiritual practice the spiritual production of space and spiritual transformations this book intends to open to up new questions and approaches through the theme of spirituality pushing the boundaries on current topics and introducing innovative new ideas including esoteric or radical spiritual practices this landmark book not only captures a significant moment in geographies of spirituality but acts as a catalyst for future work when i begin to write i open myself and wait and when i turn toward an inner spiritual awareness i open myself and wait with that insight pat schneider invites readers to contemplate their lives through spiritual observation and exploratory writing in seventeen concise thematic chapters that include meditations on topics such as fear prayer forgiveness social justice and death how the light gets in gracefully guides readers through the philosophical and spiritual questions that face everyone in the course of meeting life's challenges praised as a fuse lighter by author julia cameron and the wisest teacher of writing i know by the celebrated writing guru peter elbow pat schneider has lived a life of writing and teaching passion and compassion with how the light gets in she delves beyond the typical how to's of writing to offer an extended rumination on two inner paths and how they can run as one schneider's book is 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live in relation to mystery and becoming conscious of that relationship can be a beginning point for a spiritual practice whether we experience mystery in nature in ecstatic love in the eyes of our children our friends the animals we love or in more strange experiences of intuition synchronicity or prescience provided by publisher in our current era of holy terror passionate faith has come to seem like a present danger writers such as richard dawkins sam harris and christopher hitchens have been happy to throw the baby out with the bathwater and declare that the danger is in religion itself god hitchens writes is not great but man according to george e vaillant m d is great in spiritual evolution dr vaillant lays out a brilliant defense not of organized religion but of man s inherent spirituality our spirituality he shows resides in our uniquely human brain design and in our innate capacity for emotions like love hope joy forgiveness and compassion which are selected for by evolution and located in a different part of the brain than dogmatic religious belief evolution has made us spiritual creatures over time he argues and we are destined to become even more so spiritual evolution makes the scientific case for spirituality as a positive force in human evolution and he predicts for our species an even more loving future vaillant traces this positive force in three different kinds of evolution the natural selection of genes over millennia of course but also the cultural evolution within recorded history of ideas about the value of human life and the development of spirituality within the lifetime of each individual for thirty five years dr vaillant directed harvard s famous longitudinal study of adult development which has followed hundreds of men over seven decades of life the study has yielded important insights into human spirituality and dr vaillant has drawn on these and on a range of psychological research behavioral studies and neuroscience and on history anecdote and quotation to produce a book that is at once a work of scientific argument and a lyrical meditation on what it means to be human spiritual evolution is a life s work and it will restore our belief in faith as an essential human striving

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