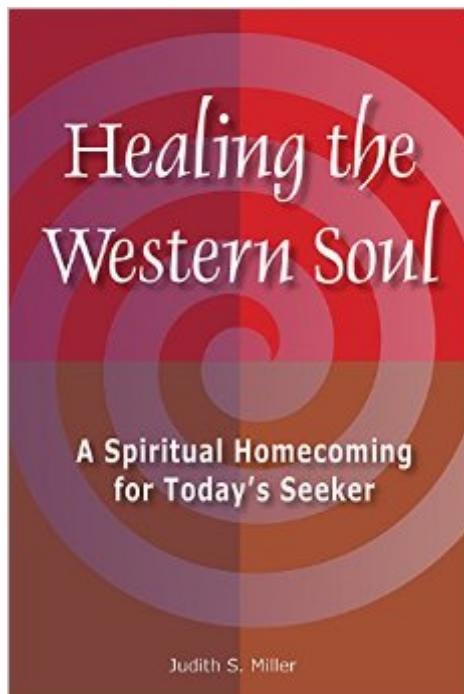


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Healing The Western Soul: A Spiritual Homecoming For Today's Seeker



Synopsis

The search for meaning, which is so crucial for psychological health, has lost its traditional anchors. As a result, millions of individuals are creating their own belief systems. This shift began back in the Sixties, as people left traditional religion and began exploring other forms of spirituality. Social contradictions demonstrate the complex factors around the topic of the spiritual life in the West. We have reached a pivotal moment where many negative forces seem to be pulling us apart, even while powerful forces for the good, especially seen through rapidly growing global communication, are bringing people around the world ever closer together. Today's meaning will be found through reclaiming and transforming our traditional spiritual anchors.

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Customer Reviews

This book was a wonderful relief for me. I've read so many books on spirituality--most of them about various Eastern traditions. I've practiced yoga, tai chi and Transcendental Meditation. All have been helpful but I've always felt somehow saddened, as if missing an essential part of myself. Dr. Judith Miller, an award-winning professor of developmental psychology at Columbia University, has brought me back to my Judeo-Christian roots and shown me how my own tradition holds within it authentic and powerful healing forces. I needn't go outside my background--I need only follow the clear, intelligent, profound teaching in this book. In her chapter called "Our Mystical Ground," Dr. Miller writes about our "Western spiritual DNA", telling us that, "[Our] Western spirituality flows from a mystical understanding of the one God. It can also come through unconditional love, forgiveness

and compassion, as exemplified by the teachings of Jesus, the Jewish rabbi." She goes on to say that following our Western path will open our hearts--although she points out that this will take much dedicated inner work. But, "By partnering with the Light, we come back into accord with our divine template, which is to heal, grow, and fulfill our unique life purpose...Through the soul we experience our true nature and identity," writes the author. "Soul knowledge can be imminent or transcendent, arising within or from beyond the self." And she goes on to say, "People must understand that our soul connects us to a higher spiritual reality. This connection is innate, not human-made. A person will go through life always adrift, unable to be sure about anything, diminished and unwise, when this connection is not known."Dr.

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