

Finding the On-Ramp to Your Spiritual Path: A Roadmap to Joy and Rejuvenation

Jan Phillips



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True to the title, this guidebook directs beginners on the spiritual journey. Author Jan Phillips, reared Catholic, has traveled through Buddhist, Hindu, and Muslim cultures merging dualities of East and West. A popular workshop leader for decades, she is a dynamic, upbeat, straight-talking, wise old woman in her own right, and her prose reflects her character. In warm, engaging language, she presents basic spiritual concepts and practices for the multitudes of Americans who have left traditional religion and are searching for a full-bodied, mind-expanding, convincing spirituality

The book consists of short essays and personal anecdotes. Each story incorporates the wisdom of various traditions, all suggesting the immanence of the Divine in our lives. Each chapter reframes the meaning of a typical road sign-such as YIELD for surrender, STOP for taking time for balance, LANE ENDS for giving up old notions. All in all, this lively book maps an adventurous trek from illusion to reality, fear to fulfillment, isolation to community. It invites us to go deeper and further, finding, at the end, that the journey is everything.

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