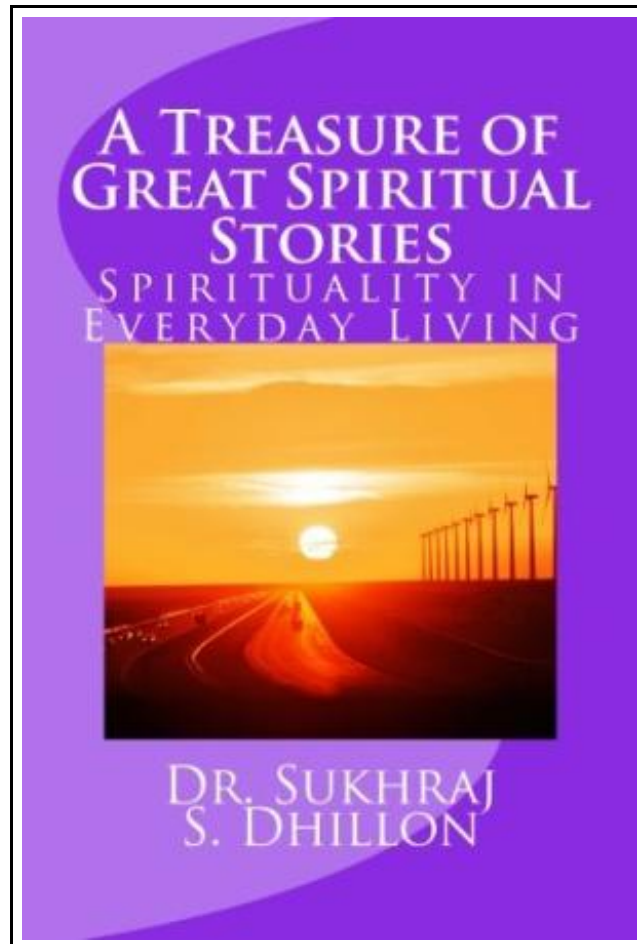


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Createspace, United States, 2011. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.This collection of spiritual stories and precepts supplement and buttress peoples moral sense, which is our conscience or the spark within that tells us to do good. Learning spirituality is not simply the domain of sublime philosophy and drama. It lies at the heart of the task of successful everyday behavior, whether it is controlling our tempers, or our appetites, or our inclinations to sit all day in front of the television. As Aristotle pointed out, here our habits make all the difference. We learn to practice our spirituality the same way we learn to do math problems or play baseball well -- through practice. The benefits of focusing on our spiritual-self include tranquility, increased production, a resurgence of vitality, mental clarity, and joy of living. And the understanding of our spiritual-self will put us on a road to love and happiness irrespective of our faith. In the legend of Mahabhart, Yudhister could see no evil in any man and Daryodhan could see no virtue in any one. And Buddha was attracted to seek nirvana (spiritual enlightenment) in seclusion rather than being a king. We all have something like this. Truthful and spiritually oriented books help refine the sense of right and wrong. Just look at the fallen towers and religious wars all over the globe to see the need for books like this. The author s education at Yale University and in the East brings the best of both worlds. The language of the head is words. The language of the heart is love. The language of the soul is silence.



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