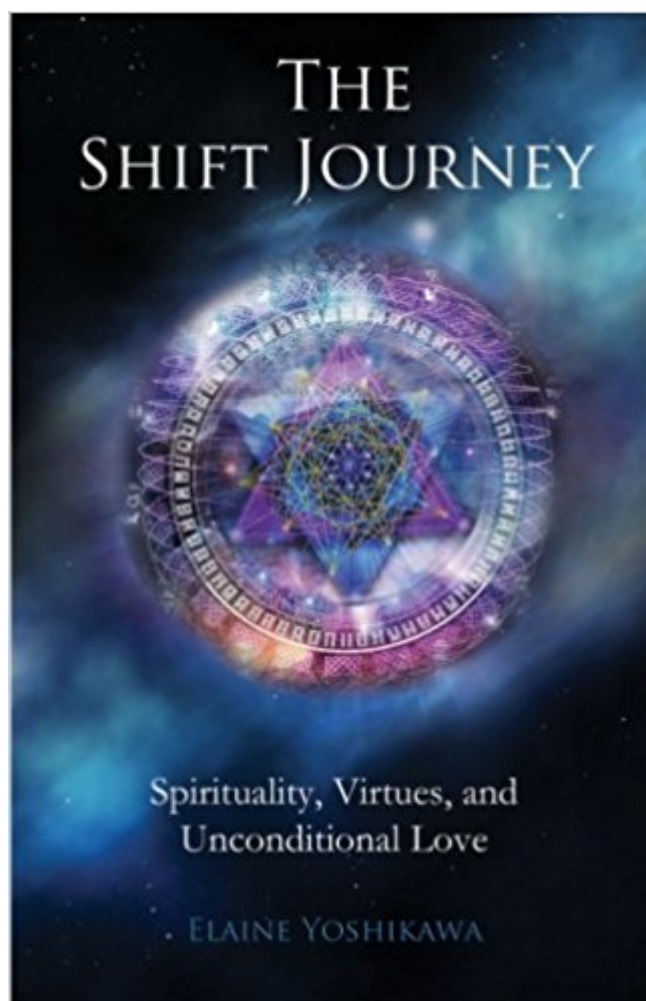


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The Shift Journey: Spirituality, Virtues, And Unconditional Love



Synopsis

The Shift Journey: Spirituality, Virtue, and Unconditional Love examines Pierre Teilhard de Chardin's claim that you are a spiritual being having a human experience. What does this actually mean and what is required to embody the shift in your life? The author regards this succinctly deep insight as a clarion call to live authentically and with purpose. Authenticity requires acknowledging your deeper soulful nature and the recognition of your soul's unique purpose. The book is organized into three sections: The first section examines the nature of the shift. The author calls the kind of shift Teilhard has in mind a "Perspectival Shift." A comprehensive understanding of the shift requires an examination of the human perspective, the spiritual perspective, and a thoughtful analysis of the difference between the two. Along with setting the intention for creating the spiritual shift, you need a foundation that will sustain the spiritual perspective in daily life. The second section is about creating and maintaining the shift. What is the foundation for a spiritual life? How do you maintain your spiritual bearings in daily life? Here, the author calls upon the ancient Greek philosopher Aristotle to explain the nature of virtues and the notion of living a virtuous and "happy" life. Also, the virtue of genuine compassion is highlighted with practical examples from the Dalai Lama. Spirituality and the virtuous life go hand-in-hand. The third section is devoted to love--the loftiest goal of the spiritual life, and arguably, the most natural life for us, though we may not consciously be aware of it. This section describes the difference between conditional love and unconditional love, and why unconditional love is a necessary quality of character. This book is balanced between a reasoned discourse and an inspirational spiritual account of the kind of life we can aspire to lead: a life of virtue, a life of unconditional love, a life of purpose and meaning, and a life of human flourishing.

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Excerpts from the book: Å Å "Why is it crucial for us to believe that we are not human beings having a spiritual experience but spiritual beings having a human experience? What is the Perspectival Shift such a critical step in human evolution?Å Å How is it possible that this shift can completely change our lives?Å Å The Perspectival Shift is significant because it shapes the way we live in the world, what we experience, the way we experience it, how we navigate the world, how we perceive the world, and how we interact with others.Å Å The quality of our overall lives is influenced and enhanced by our psychological, cognitive, emotional, moral and spiritual development." Å Å "A major benefit of the Perspectival Shift is that it situates us within an interconnected, interrelated world that dispels loneliness, fosters genuine and meaningful relationships, promotes integrity, and engenders an exhilarating experience of liberation.Å Å We are free to express our own unique voices. Å Å We are free to create, explore, and discover the multitudinous options of the authentic life--the life of a spiritual being having a human experience." Å Å "An integrated life that is based on spiritual values and the expression of unconditional love changes everything.Å Å We are better able to create and sustain friendships that support who we truly are, to maintain intimate relationships that reflect our deep and abiding love for the other, and to engage in a professional life that reflects and supports our deepest authentic concerns."

Have you ever thought there was more to life?Å Å Å Å From the wisdom of ancient Greek philosophers to the compassion of the current Dalai Lama, this book takes you on a journey that explores the shift from living in the everyday world to living in the sacred world--a spiritual life of: Å Å virtue Å Å authenticity Å Å compassion Å Å unconditional love Å Å Anyone who has felt there is more to life or who has experienced the call to live a deeper, more meaningful life can get something out of this book. Å Å It reaches into the heart of spirituality, and delves into the realms of the invisible by starting with our current situation, living in a world that is often devoid of soul. Å Å It examines what is required to live genuinely as a spiritual being having a human experience. Å Å Å Å Balanced between a reasoned discourse and an inspirational spiritual account of the kind of life we can aspire to lead: a life of virtue, a life of unconditional love, a life of purpose and meaning, and a life of human flourishing. Å Å

An amazing book. It makes you think! Thanks Professor Yoshikawa for writing it

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