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# Lifestyle Navigation: Creating a Philosophy of Life (Paperback)

By John Gordon Youden

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. In order to get to where we want to be, we first have to know where we are and where we ve been, even in a fog. And to have a good time while doing so. The Captain-a sailor, physicist, and somewhat of a mystic who shared his philosophy of life with the author one summer in Northern Canada-used the above and other nautical motifs to illustrate his personal philosophy, which emerged during his years in India, was refined through his work as a scientist, and gained further depth and substance as he sailed the world s seas. The Captain believed we can find purpose in life through the study of evolution, discover our true selves by understanding the power and influence of worldviews, and lead a fulfilling and successful life by improving our ability to be mindful. He developed a vertical and horizontal model to reveal how consciousness unfolds both within and without, along with a plan to reach higher levels of consciousness. He also identified energy sources we can tap into for help in developing to our fullest. For more...



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