

Spirituality for Youth: Complete Beginner s Guide (Paperback)



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Reviews

An extremely great ebook with perfect and lucid answers. This is certainly for anyone who statte that there was not a well worth looking at. Its been designed in an exceptionally simple way and is particularly only soon after i finished reading through this ebook in which actually transformed me, modify the way in my opinion.
(Libbie Farrell)

SPIRITUALITY FOR YOUTH: COMPLETE BEGINNER S GUIDE (PAPERBACK)



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Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. In this beginner s guide, you will get an insight into the concept and practices of Spirituality. The great masters of several spiritual traditions have left a treasure of wisdom, you just need to explore. Start exploring by reading this book. We will start by looking at the all-pervasive and omnipresent suffering that affects everyone. Then, we will look at how spirituality can eradicate or abstain this suffering in an individual. At the end, we will look at the various practices of spirituality that can be a part of your spiritual path. Spirituality is all about experiencing for oneself, experimenting for own self, and integrating it with self. Who am I? What is the purpose of my life? What is Spirituality? To answer all these questions, I started exploring various mystical and spiritual knowledge by reading books, religious or spiritual texts, teachings of great masters, and everything that I could lay my hands on. All religious traditions intrigued me and I wanted to know more about each one of them. I studied and practiced different religious traditions like Hinduism, Buddhism, Christianity, Islam, Sikhism, and a few more. I also practiced some non-religious spiritual practices. Some of them are Humanism, Altruism, etc. What I found out was quite enlightening. Basically, all major traditions that I have studied till now talk about the same principles of life. They put forward a similar message of Love, Compassion, and Kindness. However, they all have different approaches to the same message. Self-development and self-discovery are two main concerns of my life. Every waking moment of my life is dedicated to these two things. I am constantly exploring either virtually or experimentally. It is a kind of...



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