



A Guide to Life A Poetic Account of the Spiritual and Material Path

By Samantha Jenkins

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 72 pages. Dimensions: 8.3in. x 5.3in. x 0.4in. Popular culture guides you to focus much of your time, effort, and attention on the outside world: on your physical actions and experiences; on your material possessions and achievements; on the needs, and approval, of others. Naturally then, you also look to these things for your fulfilment, well being, and quality of life. But, one day, you realise that no matter how much you seem to do, have, please, or achieve in the outside world, you're left with a sense of suffering, longing, or lack. What society often fails to tell you is that there is a both a material and spiritual dimension to your life: a material and spiritual path. Fulfilment, well being, and quality of life aren't simply found, then, in the material world outside of yourself, but also arise from the spiritual, immaterial world within yourself. The material and spiritual path provides you then with a different set of perspectives, experiences, and priorities in life, which can contribute to a more expansive sense of reality. This dual perspective can help you to live with more freedom, autonomy,...



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