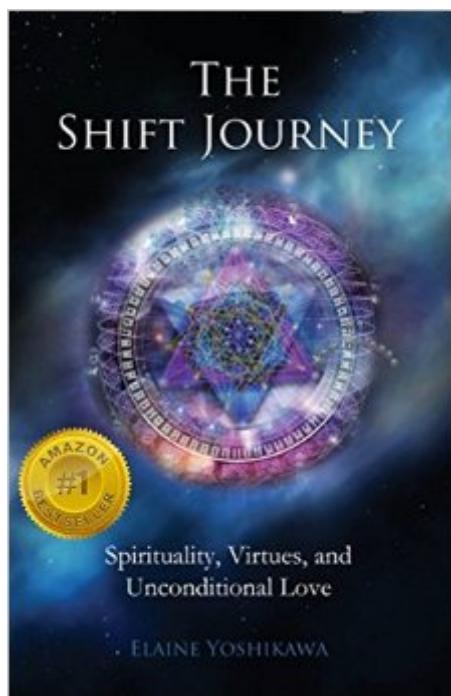


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# The Shift Journey: Spirituality, Virtues, And Unconditional Love



## 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.

## Book Information

Paperback: 129 pages

Publisher: Sojourn Publishing (September 17, 2015)

Language: English

ISBN-10: 1627471456

ISBN-13: 978-1627471459

Product Dimensions: 5.5 x 0.4 x 8.5 inches

Shipping Weight: 8.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars See all reviews (1 customer review)

Best Sellers Rank: #2,012,634 in Books (See Top 100 in Books) #56 in Books > Christian Books

## Customer Reviews

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

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