



The Path to Love is the Practice of Love: Introduction to Spirituality - With Self-help Exercises for Small Groups (Paperback)

By Carol Riddell

Findhorn Press Ltd., United Kingdom, 1995. Paperback. Condition: New. Language: English . Brand New Book. The book explains the meaning of a spiritual life, and provides a way for people to get together with like-minded friends to practice its principles. Through understanding and practice, the book promotes the chance to transform daily life, to give meaning to its experiences, and to find happiness in the service of others. The teachings can apply equally to Christians, Buddhists, Moslems, Hindus or Humanists, as long as it is accepted that the essential principle of the cosmos is love, a love both detached and personal, all-pervasive and specific. The guidance in this book is channelled , a technique for accesing a higher wisdom that can be learned (first third of the book). The exercises have been tested out over a period of four years in workshops in several European countries and at the Findhorn Foundation.



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