



SEEKING THE SACRED

Stephanie Dowrick

"The modern world is desacralized, that is why it is in crisis. The modern person must rediscover a deeper source of his [or her] own spiritual life." —C.G. Jung

Imagine the world we would live in if we dared to see *all* of life as sacred.

At a time when religion is increasingly viewed as irrelevant - or as the cause of violence - Stephanie Dowrick is arguing that only an authentically inclusive spiritual vision is radical enough to change the way that we see one another – and keep one another safe. In this intimate, highly personal book, Stephanie speaks directly to those seeking spiritual depth and meaning. She also addresses some of the most urgent social questions of our day:

- How do our beliefs shape the way we respond to one another?
- Are spiritual or religious teachings a cause of social unrest, or can they be a solution to it?
- Are we capable of resisting violence as a “solution” - and learning to “do no harm”?
- How do our views on God affect our view of ourselves?
- Could religion or spirituality be the “saving grace” our world so urgently needs?

Offering an inspired vision of life's most healing possibilities, Stephanie Dowrick shows how our spiritual seeking can transform the way we value life, significantly changing the way we interact with others, understand life's meaning, and value and care for ourselves.

This is a book for the spiritually curious, as well as for those already engaged with the deeper questions. It draws upon a wide range of intensely moving personal stories, including Stephanie's own, a depth and variety of religious teachings, and the psychological and social analysis for which Stephanie Dowrick is so widely known.

ABOUT THE AUTHOR

Reverend Dr Stephanie Dowrick, PhD, is one of the most successful commentators on social, spiritual and psychological issues in the English language. She is trained psychotherapist, an interfaith minister, and a writer for more than 25 years, and five of her books have been international bestsellers. Her most popular books include *Intimacy & Solitude*, *Forgiveness & Other Acts of Love* and *Choosing Happiness: Life & Soul Essentials*. Her most recent book is *In the Company of Rilke*. She travels extensively to give talks and hold workshops and retreats on psychological, ethical and spiritual issues.



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