



Self-Knowledge and Spiritual Yearning: The Role of Spirituality in Psychological Health

By E Douglass Brown

iUniverse, United States, 2007. Paperback. Book Condition: New. 226 x 147 mm. Language: English . Brand New Book ***** Print on Demand *****.According to E. Douglass Brown, modern science has silenced all doubt among open-minded people that life emanates from an intelligent designer. The all-encompassing, distinct characteristic of the human being is an inborn link to the spirit of God. To cultivate that link, the Creator provides human beings with a divine paradigm for self-development. In *Self-Knowledge and Spiritual Yearning: The Role of Spirituality in Psychological Health*, Dr. Brown offers revitalizing prescriptions from the Quran for cultivating a healthy personality and for healing the self that has suffered psychospiritual injury. Dr. Brown also describes the seven stages of psychospiritual self-development and provides examples of behavior in each stage. Through the use of universal metaphors, Dr. Brown explains how a person advances to higher levels of consciousness, finally culminating in unfettered God-consciousness. He also includes instructions from the Quran about how to overcome difficult life situations that impede your progress in achieving a greater plane of consciousness. Learn to focus on spiritual healing and start integrating it into your everyday life!



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