

The Power of the New Spirituality: How to Live a Life of Compassion and Personal Fulfillment

William Bloom

Everyone has religious experiences; most people just don't know how to identify them, says author William Bloom. Carolyn Myss calls this well-known British Body-Mind-Spirit teacher a "genius" who finally "separates spiritual reality from New Age nonsense." His *Power of Modern Spirituality* uniquely straddles mainstream and alternative forms of belief. In commonsense, everyday language, Bloom speaks directly to the legions of people who seek to replace a single-faith tradition with a more generalized spirituality. He identifies the core similarities in all spiritual traditions and explains how everyone—regardless of background, beliefs, or personality type—can immediately put them into practice. He shows how to develop the key aspects of connection, reflection, and service in the context of today's challenges in order to gain greater meaning in our lives. He also explains the phenomenon of spiritual voices in a psychological context, and he explains how modern spirituality's ethical core is stronger even than that of traditional faiths because it includes green values and insights from developmental psychology.

Written in a lively and inspiring style and drawn from Bloom's popular workshops, *The Power of Modern Spirituality* helps us explore ourselves more deeply. It is an invaluable tool for increasing a sense of integrity, inner strength, and personal joy. It will also help us connect more strongly with family members, friends, and colleagues and forge a sense of being in the driver's seat of our lives. Today's society makes ever-increasing demands on us. But in the practice of modern spirituality, we can find heartening new solutions that give us the energy, motivation, and inspiration to develop ourselves and transform our world.

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Editorial

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