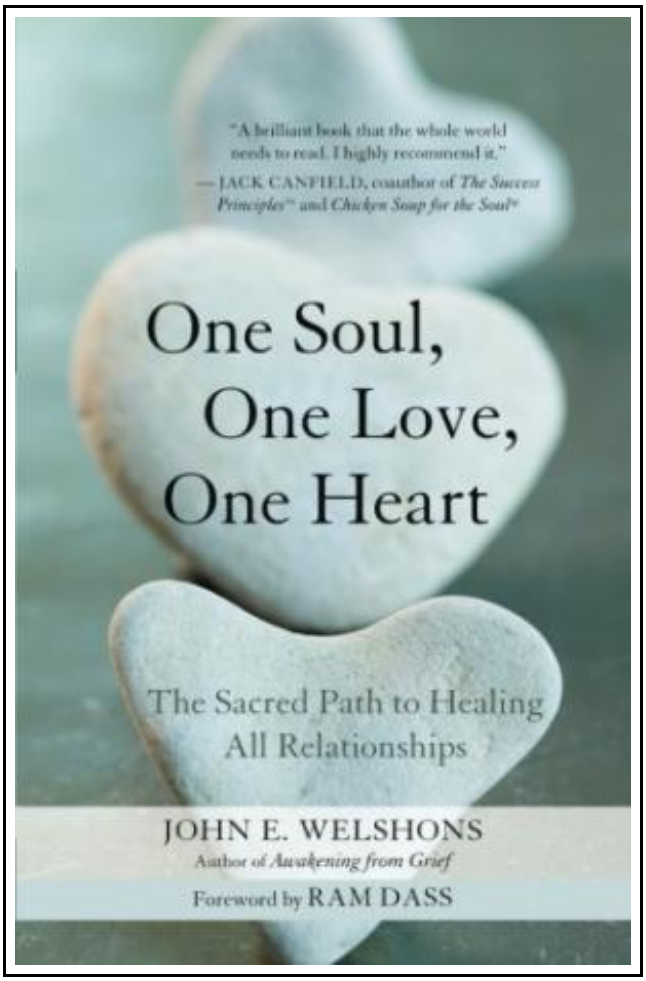
One Soul, One Love, One Heart: The Sacred Path to Healing All Relationships



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Reviews

Very good e book and helpful one. it was writtern quite properly and helpful. I am quickly could possibly get a enjoyment of looking at a composed book.

(Connor Lowe IV)

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New World Library. Paperback. Book Condition: new. BRAND NEW, One Soul, One Love, One Heart: The Sacred Path to Healing All Relationships, John E. Welshons, We've all had the experience: fuming rage at the driver cutting us off on the freeway, unexplained anger at our spouse over a simple statement, impatience with our children when they repeat bad habits, and frustration that people at work 'don't treat us right'. Humans tend to blame others for their unhappiness, and most relationships would improve, we think, if only 'they' would act right. According to John Welshons, the problem isn't other people, it's the way we perceive them as 'other'. If we allow ourselves to see the world as it truly is, as 'one', if we recognize and honor the interconnectedness of all life, we can let go of our anger and frustration and discover a new way to relate to others, a way shaped by love. "One Soul, One Love, One Heart" provides ancient teaching tales and contemporary stories to illustrate how any person can begin reshaping all their relationships through love. Welshons points to modern teachers, such as Ram Dass, who have mastered this approach and uses examples from spiritual and secular life to show what is possible. But he goes beyond that to show that each individual we encounter in life is our guru, especially those difficult people who drive us crazy. By observing them, by observing our reactions to them and our feelings about them, we learn and grow and we discover that these challenging people in fact enrich our lives and connect us more deeply to our truest selves.

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