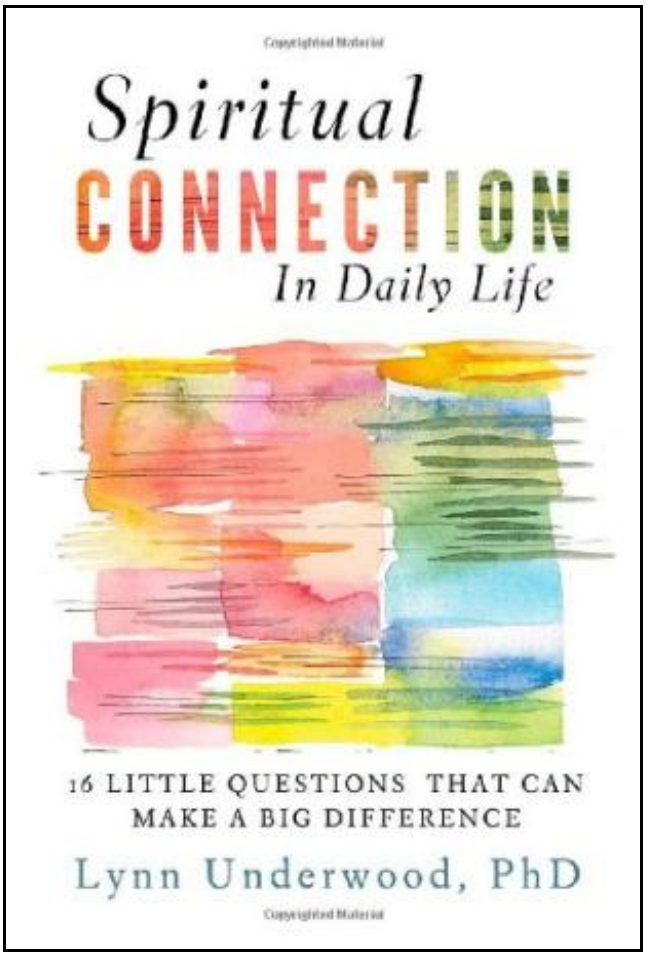
# Spiritual Connection in Daily Life: Sixteen Little Questions That Can Make a Big Difference (Paperback)




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### *Reviews*

*Complete guideline for ebook enthusiasts. It really is loaded with knowledge and wisdom Once you begin to read the book, it is extremely difficult to leave it before concluding.*
***(Delilah Hansen)***

# SPIRITUAL CONNECTION IN DAILY LIFE: SIXTEEN LITTLE QUESTIONS THAT CAN MAKE A BIG DIFFERENCE (PAPERBACK)

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Templeton Foundation Press,U.S., United States, 2013. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book. How often do you find moments of deep peace and satisfaction in your day-to-day life? How often does connection with other people, the divine, or nature make you feel more alive? How often are you touched by a sense of awe-inspiring beauty, compassionate love, or pure joy? For many of us, these kinds of experiences tend to be fleeting and all too rare. Fortunately, new research is suggesting that a regular practice of paying attention to experiences like these can help any of us find them more often and cultivate richer, deeper, and more satisfying lives.In Spiritual Connection in Daily Life, Lynn Underwood introduces her Daily Spiritual Experience Scale (DSES), which is comprised of sixteen simple, multiple-choice questions that invite us to become more attuned tothese extraordinary experiences in ordinary life. The DSES is the definitive set of questions for measuring the experience of spiritual connection and has been used in hundreds of studies, translated into over twenty languages, and used around the world by counselors, therapists, nurses, social workers, clergy from multiple faiths, and business leaders. Spiritual Connection in Daily Life offers a step-by-step guide to using the DSES to improve our abilities to sense the more than in the midst of our days. Embraced by people from many different cultures, religious traditions, and professional backgrounds, the DSES doesn t require any extraordinary experience like hearing divine voices or embarking upon a dramatic religious conversion. Nor does it belabor the exact definition of spirituality. Rather, it simply invites us to focus on aspects of our daily lives such as deep peace, sense of inner strength, longing, and compassionate love. The sixteen questions also provide a common, nonpolarizing language for...

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