



# Your Soul's Compass: What Is Spiritual Guidance?

*Joan Borysenko*

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
# Your Soul's Compass: What Is Spiritual Guidance?

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## **Your Soul's Compass: What Is Spiritual Guidance?** Joan Borysenko

In this time of global change and uncertainty, of spiritual indirection, Americans are asking these age-old questions with renewed curiosity. There's a thirst for meaning and purpose—a dawning realization that happiness isn't a commodity that can be bought with a gold card. Fulfillment and joy arise naturally from creative and compassionate action-- from the understanding that all life is interconnected and guided by a higher intelligence. Our personal choices make a difference, and when they are spiritually inspired even the smallest action serves a larger whole. Sacred texts ranging from the Torah to the New Testament, the Tao Te Ching to the Buddhist scriptures, the Vedantas to the Koran, speak of making life-enhancing choices where a force greater than the individual flows through us and informs our thoughts and actions. In this book we'll focus on the three classic aspects of living such a spiritually guided life: (1) alignment: maintaining a direct and personal connection to the Source of our Being; (2) discernment: distinguishing the movement of Spirit in our lives from our own wants, fears and social conditioning; and (3) action: making our best, most inspired contribution to the evolution of life.

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