1. Record Nr. UNINA9910450264903321 Autore Houghton Peter Titolo Nine descents of the spirit [[electronic resource]]: towards inner harmony / / Peter Houghton London; ; Philadelphia, : Jessica Kingsley, 2002 Pubbl/distr/stampa **ISBN** 1-280-26712-7 9786610267125 1-4237-0995-0 1-84642-024-5 Descrizione fisica 1 online resource (178 p.) Disciplina 282.092 Soggetti Catholics - Great Britain Spiritual biography - Great Britain Electronic books. Lingua di pubblicazione Inglese **Formato** Materiale a stampa Livello bibliografico Monografia Note generali Description based upon print version of record. Nota di bibliografia Includes bibliographical references. Nota di contenuto The World Within Me: A Personal Journey to Spiritual Understanding; Contents: Preface: Chapter One: Awareness: Chapter Two: Commitment; Chapter Three: Sweetness and Cold; Chapter Four: Pilgrimage: Chapter Five: First Creation: Chapter Six: Focus: Chapter Seven: Alignment; Chapter Eight: Wise Creating; Chapter Nine: Enlightenment; Coda: Future Thoughts; REFERENCES In this thoughtful and profound account Peter Houghton charts his Sommario/riassunto personal quest for the spirit. His extraordinary story is written during the time in which he had received a diagnosis of terminal heart disease and reflects on the ways in which being about to die developed his

ideas about spirituality and humanity.