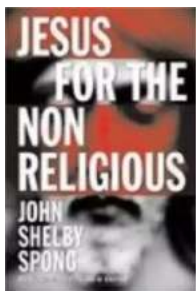


# Recovering The Divine At The Heart Of The Human

What makes us human? Is it our ability to reason, to love, or to create? While these qualities certainly contribute to our humanity, there is something deeper that resides within us, something divine. In the hustle and bustle of modern life, however, we often lose touch with this divine essence. It is time to embark on a journey of self-discovery and reconnect with the divinity that lies at the heart of every human being.

Throughout history, various spiritual traditions and philosophies have explored the concept of divinity within the human. From the ancient wisdom of the East to the mystical teachings of Western mystics, there is a common thread that runs through these diverse beliefs – the recognition of the divine within.

In the East, the concept of "Atman" or the individual soul is central to many spiritual traditions. It is believed that each person carries within them a spark of the divine – a fragment of the ultimate reality. This recognition of the divinity within oneself leads to deep self-realization and spiritual growth.



## Jesus for the Non-Religious: Recovering the Divine at the Heart of the Human by Billy Jensen(Kindle Edition)

★★★★☆ 4.4 out of 5

Language	: English
File size	: 376 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 338 pages



In the Western mystical traditions, this concept finds expression in different ways. The Christian tradition speaks of the "Imago Dei" or the image of God in every human being. According to this belief, human beings are created in the likeness of God, and therefore possess inherent divinity. The mystics of the Middle Ages sought to experience and embody this divine image through contemplative practices and union with God.

So how do we recover the divine at the heart of the human? The first step is to acknowledge and accept the presence of divinity within ourselves. We must let go of the notion that divinity is something external or separate from us, and realize that it is an inherent part of our being.

This inner journey requires introspection and self-reflection. By delving into our thoughts, emotions, and beliefs, we can uncover the layers of conditioning and false beliefs that have veiled our divine essence. This process of self-inquiry allows us to reconnect with our true nature and discover the vastness of our divine potential.

Practices such as meditation, prayer, and mindfulness can support us in this journey of self-discovery. These practices help quiet the mind, open the heart, and cultivate a state of inner stillness and presence. Through regular practice, we can access the depths of our being and reconnect with the divine source that resides within us.

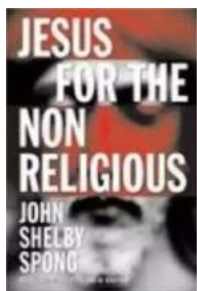
Furthermore, it is essential to nurture qualities such as compassion, love, and kindness. These qualities not only reflect our divine nature but also help us connect with others on a deeper level. By embracing our shared

divinity, we can foster a sense of unity and create a more harmonious and compassionate world.

Recovering the divine at the heart of the human is not an overnight process. It requires commitment, patience, and a willingness to face our inner demons and shadows. It is a journey of both joy and pain, but one that ultimately leads to profound transformation and spiritual awakening.

As we reconnect with our divine essence, we begin to experience life from a place of wholeness and authenticity. We tap into our creative potential, cultivate deep relationships, and find meaning and fulfillment in every aspect of our existence. The divine within becomes the guiding force that shapes our thoughts, actions, and purpose.

So, let us embark on this sacred journey of recovering the divine at the heart of the human. Let us awaken to the truth of our divine nature and honor the sacredness that resides within us and all of creation.



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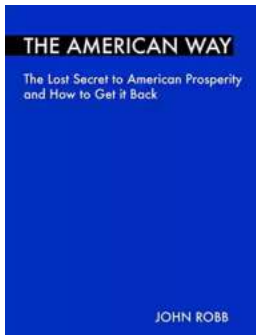
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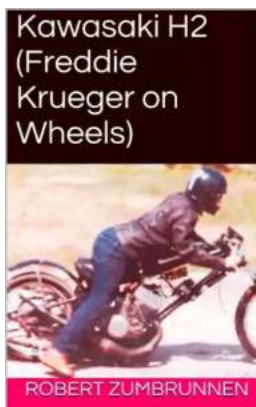
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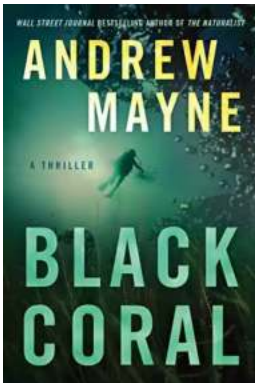
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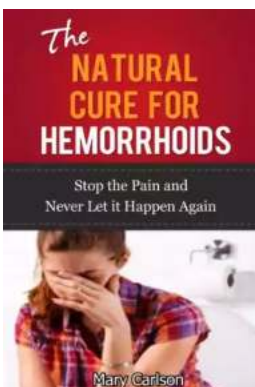
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