



unSpirituality: Permission To Be Human

Christopher Zenn Loren

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unSpirituality introduces a new philosophy based on a natural perspective clearing away centuries of delusion. The spiritual story was once an answer to the anxieties of the natural world but now has become an ideological cage. This book is a reminder of who we are in the natural world, a bold and provocative case against spiritual ideology, and an invitation to be proud to be human. unSpirituality is a bold treatise that redefines spirituality without religion, exposing the dualistic metaphysical story. It points to childhood suppression and indoctrination as the source of religious and spiritual seeking and delusion. He asserts that spiritual ideologies become the arena for the retrieval of a shamed imagination. Many of New Age ideas are challenged such as: reincarnation, the afterlife, creating your reality, choosing this life, spiritual beings, spirits, religious belief, metaphysics, dualism, spiritual realms, the ghost in the machine, Descartes, secret wisdom, learning to love yourself, life-changing Magic, the power of now, the secret, the law of attraction. These beliefs are weighed against topics such as naturalism, evolution, critical thinking, humanism, psychology, science, childhood trauma awareness, the effects of child rearing, poisonous pedagogy, natural spirituality, spiritual atheism; referencing authors as: Christopher Hitchens, Sam Harris, Victor Stenger, Alice Miller, Ramesh Balsekar, Joseph Campbell.

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