



The Messenger: A Collection of Reflective Essays on the Spiritual Meaning of Life and Personal Growth

Neal J. Curtin

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In a socio-culture of increasing challenges and maladaptive responses in addictive forms of behavior, we look hopefully toward alternative sources of inspiration and guidance. The Messenger is a sequel or companion to *The Spiritual Warrior* (Second Edition). It too is a collection of reflective essays involving the integration and synthesis of wisdom expressed harmoniously and simplistically, providing a unique perspective of life as well as a more inclusive worldview. This personal work allows me to share an integrated or holistic view of spirituality, philosophy, and humanistic and transpersonal psychology; traversing academic preparation and career experiences in both education and counseling psychology. As a writing style, I selected free verse or reflective open essay over standard prose, not only for its open form, but also its multiplicity. This free verse or open structure facilitates the creation of more imaginative and expressive work, allowing me to write more intuitively from the heart and soul.

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