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Jesus for the Rest of Us

John Selby

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Jesus for the Rest of Us by John Selby is written for the many millions of Americans who don't find traditional or right-wing Christian theologies fulfilling, but who want to explore the direct meditative experience of Jesus' presence and guidance in their lives.

Despite an artificially-boosted high profile, fundamentalist Christians actually make up less than 7 percent of the American public. Meanwhile, a growing number of people inside and outside the Church are turning away from religious extremism and outmoded beliefs--a full third of American adults now identify themselves as "spiritual, but not religious."

If you yourself have had your curiosity about Jesus squashed by fundamentalist extremism, or if you hesitate to pursue feelings of connectedness with the presence of Jesus because you don't like dogmatic beliefs, you're going to love *Jesus for the Rest of Us*. Former minister John Selby offers a compassionate experiential guide that will enable you to encounter Jesus' meditative presence where all words stop . . . and true spiritual experience begins.

From John Selby's extensive research into the mechanics of meditation, as well as his lifelong work as a therapist and spiritual counselor, he now teaches this new meditation technique that actively nurtures the love and guidance of Jesus' presence in our hearts. A landmark text, *Jesus for the Rest of Us* will help you connect with the contemplative and mystical qualities of Jesus' teachings that have sustained deep spiritual experience in millions of hearts from the time of Jesus to the present.

John Selby offers a remarkably simple yet powerful post-Christian meditation process, focusing on Jesus' actual presence in our lives--beyond all theology and dogma. It will appeal to everyone seeking to experience a more meaningful spiritual life through their own direct connection with the divine.

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