

Richard's
Book

CHOOSING AUTHENTICITY

Religion Is Not Enough

Richard N. Southworth, M.A.

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Volume One

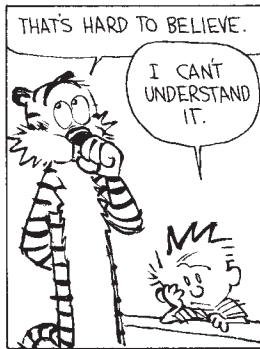
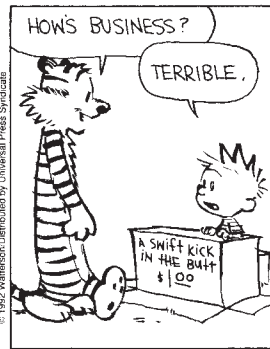
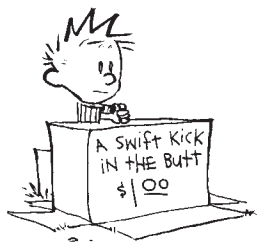
NO BS SPIRITUALITY FOR THE REST OF US

The Journey Toward Spiritual Maturity

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CHOOSING AUTHENTICITY

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Passion is what we are most deeply curious about, most hungry for, will most hate to lose in life. It is the most desperate wish we need to yell down the well of our lives. It is whatever we pursue merely for its own sake, what we study when there are no tests to take, what we create though no one may ever see it. It makes us forget that the sun rose and set, that we have bodily functions and personal relations that could use a little tending. It is what we'd do if we weren't worried about consequences, about money, about making anybody happy but ourselves. It is whatever we could be tempted to sell our souls for in order to have a hundred extra years just to devote to it, whatever fills us with the feeling poet Anne Sexton was referring to when she said that "when I'm writing, I know I'm doing the thing I was born to do." It is what matters most, whether we're doing it or not.²

Gregg Levoy

This book is such a passion!

² Levoy, Gregg, *Callings: Finding and Following an Authentic Life*, (New York: Three Rivers Press, 1997), p. 69.

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 who have supported me in this work, challenged me often,
 and taught me much on my journey!

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