

## The Gospel Within Us



The Gospel  
According to Mark  
As a Handbook  
for Healing and  
Personal Transformation

Jan Kuniholm

The Gospel Within Us: The Gospel According to Mark As a Handbook for Healing and Personal Transformation, Jan Kuniholm, Cheshire Cat Books, 2012, 0988202409, 9780988202405, . The Gospel Within Us brings you on a complete verse by verse tour of The Gospel According to Mark and shows how this first Gospel can be seen as a workbook that provides a complete program of spiritual learning and growth, from the first stirrings of conscience to the final transformation, as Christ within us guides us into a life led by The Holy Spirit. A Guide to using the Gospel According to Mark to transform your life - A practical workbook for spiritual students to study, prepare the ground, sow the seeds, water and weed, discover and follow Christ within us. A personal approach that invites the reader to connect the people and events of the Gospel to one's own feelings, thoughts and the events of everyday life, to understand the crises that may be markers of spiritual growth, and to reach for the resources that Jesus shows us are available to us all for the arduous journey from our own Galilee to our own Jerusalem. One of the exceptional beauties of this book is that it allows all, not just Christians, to get a taste of our true, spiritual selves. Through specific exercises it becomes a 'living book' in that you take in as much as you can for the moment, allow it to percolate, and then return to review, revise, or continue your journey. - Shamai Currim, PhD, Psychotherapist, Lachine, Quebec.

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