



Ad Humanitas Press
towards humanity

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INWARD BOUND: THE SHIFT TO SELF-GUIDED SPIRITUALITY

Portland, OR When it comes to spirituality, these days many people are searching for answers outside the religious box. In a recent USA Today-CNN-Gallup poll, of the 54% of people who said they are religious, almost half said they are more likely to follow their own instincts than denominational teachings. “We are in the midst of a quiet revolution of human consciousness,” explains Solihin Thom, DO, co-author of the new book *Being Human: Exploring the forces that shape us and awaken an inner life*. The book details how each of these forces supports — and at times thwarts — our development as human beings.

Thom, who wrote *Being Human* with wife Alicia and colleague Alexandra ter Horst, said “When we focus on the differences between various forms of worship, we lose sight of the purpose of worship itself — to enable each of us to truly know ourselves and our significance in the Divine plan.” The book explains that as humans, we each contain four aspects: material (our genetic coding, ancestry, and heritage) vegetative (our feelings and how we process them) animal (our will, power, drive, competitive edge, and sexuality) and human (our beliefs, culture, and ability to make choices). “*Being Human* has relevance for anyone regardless of their personal beliefs because it describes an order that is implicit in all of life. When we view ourselves in this context, it becomes clear that how we live our lives every day is the most essential part of our spiritual journey,” said Alicia.

Originally trained as a cranial osteopath, Thom retired from that profession in 1991, when he, Alicia and their four children moved from England to Portland. They have since taught their work to thousands of people in the US, Europe, and Russia. “Understanding how we operate is the key to everything: our health, our relationships with others, and ultimately our own sense of value as contributing members of the human race.”

More information about *Being Human: Exploring the forces that shape us and awaken an inner life* is available at www.beinghumanbook.com or by calling (877) 839-9818.

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