
Spirit

The final chapter groups together a selection of tools under the rubric of Spirit. These tools are geared toward the exploration of the philosophical and spiritual realms. They cover a broad range of terrain, from ideas for gaining perspective on suffering to strategies for developing a sense of connection to a power greater than ourselves. In particular, there are many tools exploring spiritual concepts, such as the illusion of separation, along with pitfalls such as identifying too strongly with a desire for spiritual progress or a misplaced belief in one's enlightenment.