



The Purpose: Your Soul's Emotional Journey: Learning How to Experience Life Through a Different Lens

Rick Lindal

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Are you feeling lost in life? Do your emotions sometimes overwhelm you? Do you wonder why bad things happen? Written for readers from diverse backgrounds, this book explores the purpose of our emotional journey through life from a psycho-soul perspective and helps us answer the question "Why am I here?" It is a handbook for surviving the inevitable ups and downs that we all must cope with as we experience the intense emotions of life. With therapeutic insights drawn from over 30 years' experience as a clinical psychologist, and based on his own autobiographical journey, Dr. Lindal invites you to look at your life through a different lens. While in part a fictionalized story, the teachings he offers on self-exploration and understanding will help you understand the purpose of your existence. Dr. Lindal's teachings are woven into an 'easy-to-read' story that follows the adventures of Rikki, whose soul sets off on a journey from the Spiritual Dimension into a lifetime on Earth. Born to parents in Iceland, Rikki's boyhood and early teenage years are woven into Icelandic folklore, which includes ghosts, elves, and trolls, until one day, he meets Old Soul who becomes his spiritual mentor. In conversations with Old Soul and over the course of this lifetime, as he leaves the shores of his native land and immigrates to Canada and to England, Rikki learns about earthly existence and how we are responsible for creating our own reality within it. He also learns about our simultaneous spiritual existence within the Spiritual Dimension and the reasons why we choose to experience negative emotions in life. In his numerous conversations with Old Soul, Rikki is given important lessons about fate and free will. He learns about love, how love develops between lovers, and his own sexual orientation. He also learns about the negative emotions, such as; fear, anxiety, anger, depression, guilt, power and hate, and the circumstances that may lead people to perform evil acts, and ways to prevent that from happening. Rikki's inspirational backstory of coming to terms with his own sexuality is woven into the storyline of this book, with the intent to motivate the reader to find purpose and meaning in their soul's own adventure through life. (Note: This is a revised and an expanded 2nd edition of Dr. Lindal's initial book, published in 2012, under the title *Slice Of Life: A Self-Help Odyssey*).

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