



In Search of Soul: Journey Toward Wholeness

George Barnard

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As my professional career ended, I felt alienated-as psychiatrist and person-from myself, my true center, my beloved, even from God. So I set out on a serious search for my soul. It became an intense psychological/spiritual journey, which I share in my poems.

By opening myself to long-hidden, painful feelings of sadness, fear, and anger, I found new experiences of joy, love, and compassion.

Dealing honestly with obstacles and resistances within myself led me to the recovery of my soul and authenticity of self.

May these poems help make your own spiritual journey as rewarding as mine.

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