



La fuerza del espíritu: Hay una solución espiritual para cada problema

Wayne W. Dyer

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Todo lo que hay en el universo es energía. Y la energía, en su forma más elevada -cuando las frecuencias a las que vibra son más rápidas-, es el espíritu. Si la energía en sus frecuencias más bajas y más materiales es la causa de los problemas, las altas frecuencias espirituales son su solución: si logras acceder a ellas, lo cual está al alcance de todos, habrás comprendido que el espíritu es aquello que te hace formar parte de la esencia divina, que ese es tu destino y que los problemas no son más que ilusiones que crea tu mente.

La fuerza del espíritu no solo te convence de la necesidad de descubrir tu verdadero yo a través del espíritu, para así vivir conforme a la armonía y la felicidad; también explica los pasos que hay que dar para lograrlo: el reconocimiento, la percepción y la reverencia.

La fuerza del espíritu: Hay una solución espiritual para cada problema Details

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Judith says

Dyer as normal quotes others and recommends lots of books.

One fact I didn't agree with but before I joined the LDS (Mormon) church believed is that there is no devil. He believes there is no devil so problems are thoughts. If you live in the now and connect with God (light)and keep away from dark all will be okay. I understand the theory of bad and darkness, as a dark bad feeling only I look at night with light as beautiful. I'm a morning person so I really don't go out much in the night but I work at it to do so because it can be delightful with the correct mind set.

This is a book as all of his books are to read over and over and contemplate.

Karen says

I read this book for the first time in 2005, finishing it on New Year's Day 2006. I loved it back then, but didn't fully appreciate it. I've just finished "reading" it again by listening to it on audiobook while driving through multiple traffic jams on the way home from Virginia Beach. I love it even more now. This is such an uplifting, positive book and is worth listening to for a powerful shot of optimism whenever necessary. One of my favorite lines is, "A basic ingredient of spiritual energy is cheerfulness." I'm increasing my rating from four stars to five stars. I cannot explain to myself how I gave it four stars on the first read through.

Sara says

One of my favorite books by Wayne Dyer! So sad to hear of his recent passing (Aug. 29, 2015). I've read this one a few times over the years and come away with something new every time.

Alison Meeks says

To say I have read this book is not quite true. I have it in audiobook format and it lives in the deck of my car. I can't even say at this point in time how many times I have listened to it as it gets played often and has for many years now.

What I will say for sure is that if you haven't read or listened to this book you are missing out.

Laura says

Maybe it's just me, but I have a problem with people telling me how to live when it doesn't look like they can do what they suggest the rest of us should do.

Let's take for example Dr. Wayne Dyer's *There's a Spiritual Solution to Every Problem.* Wasn't there a spiritual solution to prevent any of his three marriages from ending in divorce? Or didn't he think divorce was a problem? I'm assuming he took the same vows all married people take, the ones that include 'Until death do us part.' Don't those vows apply to him? Instead of writing *Change Your Thoughts, Change Your Life,* maybe he should've written *'Change Your Mind, Change Your Wife.'*

Wayne Dyer leads the self-help brigade appearing on the highly regarded PBS channel. PBS, which stands for PUBLIC Broadcasting System means that your donations help fund his programs. In addition to what he gets paid to appear in the studio, he gets to promulgate his products during breaks in the program.

"Abundance is not something we acquire. It is something we tune into," says Dr. Dyer. How we do that is something of a mystery. What is obvious, however, is that if you can write a fluffy inspirational book packed with maxims sans substance, you can make a bundle. Just open up and let the universe send you its abundance. "Successful people make money," he says. "It's not that people who make money become successful, but that successful people attract money. They bring success to what they do."

Is money the only barometer of success? Does anyone really understand how to "attract money?" Doesn't that sound a little passive to you? If you want money, I always thought you had to work for it. But that concept isn't going to sell any books, tapes, CDs, DVDs, or tickets to speaking engagements.

How much money do you think we spend for self-help advice? "Americans spend upward of \$8 billion every year on self-help programs and products," says one industry expert. American pop psychology and pseudo spirituality is an industry that offers a quick fix to whatever ails us, but never actually delivers the payoff. One book, after another CD, after another DVD comes out restating essentially the same message: "If you follow my program, you'll achieve a life beyond your wildest dreams." I see a lot of people buying the products, but not many living a life beyond their wildest dreams.

Am I saying that people like Dr. Dyer do more harm than good? Not necessarily. What I'm saying is that there's no quick fix, no shortcut to living the life of your dreams. It requires a little luck and a lot of hard work. No one can tell you the meaning of life. The purpose of your life is the purpose you give it. Don't rely on a self-help guru to neatly package a solution to your individual problems. That's your job. If you're successful, even if you never utter a word or write a book, how you live will speak volumes about you.

As Dr. Wayne Dyer says, "Your children will see what you're all about by what you live rather than what you say."

Dale says

It was good enough that I've just finished it a second time and bought a used copy for my own library. Much of the book is derived from the Saint Francis prayer. "The spiritual solution to any and all despair is one, to move your energy up by making conscious contact with God and trusting in that contact, thereby dissolving the images of negativity and pessimism, and two, to radiate outward this higher 'up' energy toward others who are believing in and therefore living, lives of quiet desperation."

Hamidreza says

good

Andrea Samadi says

This book gives the reader hope to uncovering the solutions of the mind. I picked this book up to see what perspective Dyer would give me to help me feel at ease as I tackled those difficult times in life, and I felt so good as I read things I knew were true.

Constantly working on keeping myself in a higher vibration is one way I am working on the prevention of life's challenges, but when they do hit me, I know that I just cannot give them energy. Practicing Dyer's theories, has been time well spent, as I am well on my way to a more peaceful life, which is precisely why I picked up this book in the first place.

Jeff Maziarek says

In this book Dyer focuses half of the content on interpreting the famous "St. Francis Prayer." In all honesty, this title didn't resonate with me as much as other books he's written. This is not to suggest there isn't value in this work, for there surely is, it's just in my view it's not among the best of the numerous books he's written throughout his long and storied career. Here is one of my favorite passages from it:

"Who are the people who seem to be able to push your buttons and send you into a frenzy? Your spouse? Your children? Your parents? A certain employee? Your boss? A neighbor? I'm talking about the ones who really seem to get to you. Anyone else might say the same thing and you are able to blissfully ignore them and even respond in your most spiritual and unconditionally loving tone, 'Thank you for sharing.' Obviously those people do not present any threat to your being an instrument of peace. It's those button pushers, the ones who succeed in sending you into a state of frustration and turmoil with a simple look of disapproval or a frown, who are your greatest teachers."

Hazel says

This was one of the very first spiritual books I ever read & it really turned my life around. Up until I read this book I didn't really think that happiness was a choice. I was always waiting for something or someone to make me happy. Dyer gives some spiritual advice for the most common problems people face. Enlightening yet practical I think everyone should have this book!

Bridget says

I am beginning to believe that anything by Wayne Dyer is amazing, but I may be partial. I love his soothing

voice, his wonderful sense of humor, and his brilliant messages. If you are struggling in any area of your life, or if you're having a great time and want to get even better, then you really should consider this book. According to him, there are no problems in life. We create the problems. I had to listen to this part several times because it's difficult to grasp. Life doesn't have to be struggle - we create our problems through our thoughts and how we react to things happening around us. (I'm also reading through Conversations With God - Book 3 and the message is synonymous with that of Dyer.) Nothing is real. Everything is an illusion. When we understand that we can let go of fear and doubt and negative thoughts and really start to LIVE the life that we were intended to.

There was a segment in the movie that was particularly intriguing to me. Dyer references a man by the name of David Hawkins, who performed kinesthetic tests on people using things that would be bad for your body and things that would be good (i.e. Sweet&Low artificial sweetener and natural vitamin C). He tested people's individual strength when one of these things was held by each person. Amazingly, each person appeared weaker in strength when holding the product of chemicals, and stronger when holding the item found naturally in nature. Dyer suggests reading Hawkins' book titled Power Vs. Force, which explores this in much greater detail.

I highly recommend this book to everyone. Don't be put off by the word "spiritual" in the title. This isn't a religious book. In fact, you don't even have to believe in God to get something from this book. It's an inspiring book chock full of positive suggestions on how to lead a better, happier, more rewarding life.

Victoria says

The principal message of this book can be summarized with the universal maxim, as you think, so shall you be. It's that simple and you can either dismiss this book as hippy dippy or you can embrace the fact that spirituality and positive energy need not be complicated. From the teachings of mystics to the prayer of St. Francis of Assisi, Dr. Dyer leads you through the practical applications of their wisdom and how you can shift low energy vibrations (fear, anger, guilt, envy, etc.) to a higher energy frequency (insight, consciousness) that abstains from destructive thoughts and toxic people. I listened rather than read this book and it was as if Dr. Dyer was easing me through meditation. Henceforth, this will become my go to when I need a spiritual tune up and find my determination waning.

Alfred Lucena says

got it for a quarter in a garage sale...but it is becoming worth way more than that...priceless

Alicia says

I thought this was a great book. I saw a lot of parallels with some of the things in Miguel Ruiz's books. I really like the emphasis on meditation to help solve what you think are problems. The one thing that I felt was left out of this book is the idea that you can decide not to want something. This book talks a lot about if there is something you want, you can meditate and this will help you get what you want. As much as this can work, I think there are a lot of times when it is just as important to decide not to want.

Charmin says

Highlights:

1. All your conflict with others are never between you and them; They are between you and God. Love your body as the temple that God gave you to house your soul on this journey.
2. The empowering way is to view trials as lessons and opportunities to choose differently.
3. True abundance is an absolute knowing that everything you need will be supplied.
4. Give the world your spirit and detach from the outcome of your efforts and your energy field becomes less and less contaminated.
5. Every experience of sadness provides valuable lessons to learn and doors to open to higher spiritual awareness. Therefore, give thanks when such opportunities surface.
6. Joyful people rejoice in their strengths, talents, and powers and don't compare themselves to anyone. Joy comes from rejoicing in all that you are, all that you have, all that you can be, and from knowing that you are divine, a piece of God. Finding joy means consciously deciding to process your life in ways that focus on gratefulness for what you have.
7. It is always about how you choose to process events, not the events themselves that determine your level of peace.
8. In the faster vibrational frequencies, you are able to invoke intuition, insight, and other potentials that are dormant when you are in ordinary human awareness. How you look upon the world and the images you have within you determine what you will get in your life.
9. Success: Highly successful people are those who have a knowing about resolving problems, and they are not focused on proving their point to anyone.
10. Passion – what successful people harden their will they become immune to outside forces which might attempt to dissuade them from their inner-passion. Burning desire to achieve inner objective.
What you intend in your thoughts with passion, you will act upon and ultimately create. If you keep the vision of what you want, you will not be able to do anything but act upon that energy. Happiness is an inside job. You don't get it from anyone or anything; you bring it to everyone and every event of your life.
