

Love Life 101: What Near-Death Experiences and the Mystics Teach Us About Love, Romance, and the School of Life

Daniel Flynn

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Daniel Flynn drew on his interest in metaphysics to develop the process he describes in *Love Life 101: What Near-Death Experiences and the Mystics Teach Us About Love, Romance and the School of Life**. This how-to book offers relationship counsel and advice on how to develop meaningful, balanced lives. To emphasize his premise that all living beings are connected with one another and to a loving God, Flynn includes numerous testimonies from people who have witnessed near-death experiences. He believes that everyone has access to guidance and resources from the spiritual realm but asserts, “Our challenge is to learn to ask for them, recognize them and work with them.”

According to Flynn, each person's spirit decides upon a particular path to explore as it prepares to be reborn in human form. The choices made by the entity during the course of a human lifetime determine the degree of spiritual advancement or regression that occurs. Progress toward transcending to pure spirit is determined by how life is lived at the physical level. Some people will continue to chase after material success, while others learn that “the purpose that will bring everything into true focus is to know God on an intimate basis.”

Furthermore, the author believes that we must learn to distinguish the desires of the ego self from the more enlightened options guiding the “true self.” As the ego acts in self-interest, spiritual progress is inhibited, and this often results in unfair treatment of other people. According to Flynn, “Our true self, however, knows that it is eternal and connected to everyone else.”

Inasmuch as Flynn's worldview reflects an inclusive universe, he often refers to and quotes from the texts of multiple religions—Judaism, Hinduism, Buddhism, and Christianity, to name a few. To help clarify important points, Flynn makes use of a bulleted format and sidebars.

There are occasional errors in the text such as missing spaces, letters, and words. More importantly, though, each chapter of the book ends with questions that are aimed at helping readers evaluate their current circumstances and recognize their habitual behavior in relationships. Additional support materials include reference notes, appendices, and a bibliography.

Even those who question the validity of spiritual near-death experiences may find themselves persuaded by the author's appeal to find a middle ground—one that is based on acceptance and tolerance.

MARGARET CULLISON (December 20, 2011)

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