

## Soul Sins and Regrettable Lies

**Bud Megargee**

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*This book offers a new perspective on sin and forgiveness, and answers questions anyone curious about spirit communication might have.*

Attachment is the root of all suffering—but attachment to what? Bud Megargee's intuitive, intelligent spiritual book *Soul Sins and Regrettable Lies* investigates sin from a Buddhist perspective. With the help of a medium and his spirit guide, Laz, Megargee uses a Socratic dialogue to elucidate concepts of sin, evil, and forgiveness.

Megargee writes with humility and humor, especially about his personal experiences and the reasons he felt called to pursue a practice of Buddhism. Once a Catholic, Megargee struggled with the admonitions of the Church, especially regarding sin, confession, and absolution.

However, he found meaning elsewhere:

*While studying at a Taiwanese Buddhist monastery and practicing Vipassana meditation, I was examining my life-taught convictions through a process of self-observation and self-transformation.*

He learned to challenge the authenticity of the teachings he'd been raised with and found a new way to see himself.

Rather than preach or lecture, *Soul Sins and Regrettable Lies* uses a Socratic dialogue to make its points, based on transcripts of Megargee's conversations with his spirit guide, Laz. He's assisted in the conversation by a direct voice medium and oracle, Shirlet Enama.

The transcripts themselves are imperfect—Megargee includes them verbatim—but also read with a vibrant, immediate tone. There's nothing stuffy or formal here. Laz makes jokes, provokes Megargee, and leads the conversation down unexpected, surprising roads. Sin, Laz says, originates from a loss of connection to unconditional love:

*When knowledge turned into greed, that is a problem because greed turns into control. And then control turned into controlling love, and that turned into sexual love.*

Megargee revisits his own past for examples of Laz's teachings.

Although *Soul Sins and Regrettable Lies* looks like many other self-published spiritual books, it is a standout in the genre. It is not prescriptive; it is not preachy. Nor is it too esoteric for a layperson to enjoy or use as a spiritual tool. Megargee's writing is warm, well organized, and self-aware: he's no aspiring guru. Although he incorporates his spiritual beliefs and experiences throughout, his story is relatable and approachable. Focusing on a dialogue format also keeps the book from being overwhelming or too dense.

With at least one epiphany per page, *Soul Sins and Regrettable Lies* is a wonderful companion for a leisurely spiritual journey for seekers of all kinds. This book offers a new perspective on sin and forgiveness, and answers questions

anyone curious about spirit communication might have. Megargee has found rich soil here, and he doesn't hesitate to dig deeply.

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