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Philip W. Groves

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About the Author

Philip W Groves holds PhD's in Divinity, Psychology and Biochemistry as well as having specialised knowledge in the fields of Egyptology, comparative religion, and Natural medicine. The foundation of his teaching was always to guide people into the abundance of life, creative expression of life's potentials as well as developing greater knowledge and understanding of the world in which we live.

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'Spiritual Foundations' is a detailed exploration of the ways in which a person is spiritually connected with the cosmos, and how the physical world contains spiritually significant and meaningful patterns and values which greatly contribute to understanding greater Reality, and act as a link with the spiritual world.

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A solid foundation to a more Abundant Life

By Michael Chester

Dr Philip W Groves was one of the most profound spiritual teachers of the 20th century. Any of his books are well worth reading. *Spiritual Foundations* should be amongst the first to begin with, as there is a special clarity which I find remarkable.

To get an overview of what is covered, read the preface by Maery O'Connell, which is an excellent introduction to the book.

For those who are familiar with the Writings of Emanuel Swedenborg, arguably the greatest spiritual explorer of the eighteenth century, this book is a diamond. Philip Groves has digested Swedenborg's theological writings, and with the light of Higher Consciousness, makes Swedenborg's deep insights more readily understandable in our scientific era. This is readily seen in how Dr Groves incorporates the language of correspondences into his teachings.

For those wishing to appreciate Life more deeply, this book will reveal some precious insights. For example, in chapter 2, 'Soul, Mind and Body' we read "the physical body coheres and functions as a unity while life is present, but it collapses and disintegrates as soon as life withdraws. Life is primarily in the soul and not the body, and the life of the soul is something very different from bodily existence. In the deeper states of surrendered relaxation there is the quite unmistakable experience of the inner reality of life as something completely removed from the customary sensations of ordinary awareness."

A big plus, to help us grow spiritually are some practical tasks at the end of various chapters. For example, in

the chapter on 'Soul, Mind and Body' we are reminded of the importance of examining our lives and placing ourselves under a Higher Power, confessing our mistakes, errors and sins, in order to experience the opening up of deeper spiritual resources. Dr Groves provides detailed practical help in this process of self-examination. And there are other practical tasks relating to Surrendered relaxation to the Divine; learning not to identify oneself with every mood, feeling, thought and circumstance that enters consciousness; and becoming familiar with the language of correspondences (the language of spirit).

So, read the extracts from chapter 1, Spiritual Foundations, and chapter 8, Regeneration, to see if you are drawn to the style and content. I think its amazing and I hope you will agree. And at the end, you will find a picture of this amazing man and a brief outline of his gifts and interests. His purpose in writing his books was to guide people into the abundance of life, (an abundance that he experienced), and developing a greater knowledge and understanding of the world we live in.

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