

New Book 'Lessons in Daily Spirituality' Offers Insights for Mindful Awakening, Transformation, and Sanctuary

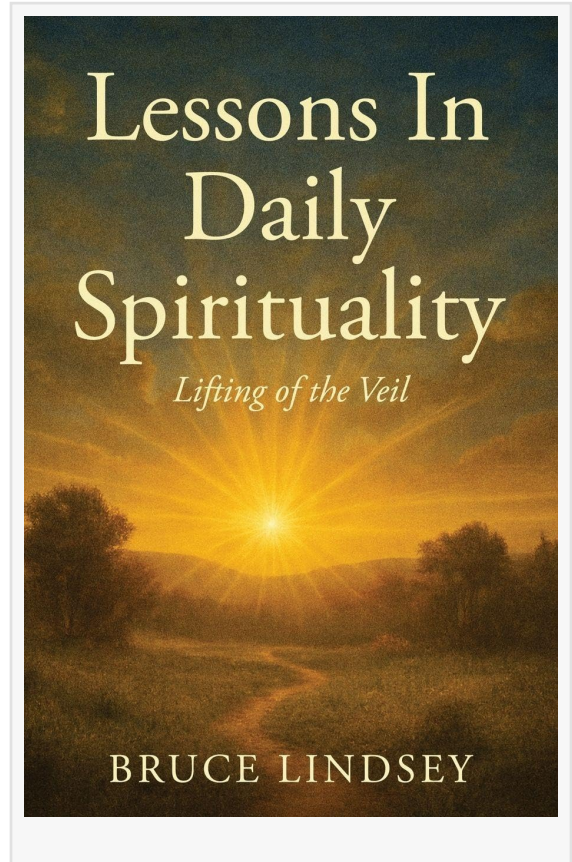
An interpersonal approach for discovering the Divine presence in everyday life

TX, UNITED STATES, August 17, 2026 /EINPresswire.com/ -- "Lessons in Daily Spirituality: Lifting of the Veil," a lifetime's work by author Bruce Lindsey, invites readers on a deeply personal and transformative spiritual exploration. This thought-provoking book challenges traditional perceptions of spirituality, proposing that God's presence is not confined to distant realms or rigid doctrines, but exists within each of us, accessible in every moment of our daily lives in which we are receptive.

Rooted in the author's authentic life experiences, this powerful book offers a contemporary yet timeless perspective on personal growth, spiritual awakening, and inner transformation. Pulling from his own diverse background—ranging from a turbulent childhood to becoming a successful businessman—Lindsey examines the universal challenges of fear, ego, and judgment while offering practical insights into forgiveness, gratitude, and compassion.

"Lessons in Daily Spirituality" delivers a profound yet approachable message for those seeking a deeper connection with the Spirit of the Universe. Readers are encouraged to question inherited belief systems, explore the teachings of Jesus and other mystics with fresh eyes, and find spiritual meaning in the mindfulness of ordinary life moments. By moving beyond institutional limitations, Lindsey empowers individuals to participate fully in their own spiritual journeys, discovering hope, unity, and purpose along the path.

"Spiritual life does not exist outside of us—it is unfolding in the relationships, struggles, and moments we experience every day," says Lindsey. "My hope is that this book will inspire readers to look within, contemplate the deeper meaning of existence, and awaken to the Divine reality all around them."



Perfect for seekers of spirituality and personal growth, "Lessons in Daily Spirituality" offers a compassionate and unapologetic approach to discovering spiritual wisdom in a way that feels authentic, reflective, and inspiring. Whether you are a seasoned seeker or new to exploring spirituality, this book encourages readers to move beyond limited boundaries toward greater awareness, connection, and unity.

"Lessons in Daily Spirituality: Lifting of the Veil" (ISBN: 9781970844627) can be purchased through retailers worldwide, including Amazon and Barnes & Noble. The paperback retails for \$18.99, and the ebook retails for \$9.99. Review copies and interviews with the author are available upon request.

[Purchase the book on Amazon.](#)

From the Back Cover:

Lessons in Daily Spirituality is a contemplative exploration into spiritual awakening rooted in mystical spirituality and universal wisdom. Lindsey guides us from ego, fear, and exclusionism into illumination and healing. The messages challenge inherited belief systems that separate humanity from one another and from the Divine, while affirming a God understood not as distant or punitive, but as present, relational, and expansive. The book's intended audience includes persons serious about their personal spiritual journeys, seekers who feel disillusioned with institutional religion, and those drawn to contemplative or interfaith perspectives. The writing encourages introspection and discovery rather than conformance, inviting readers to encounter the material through their own experiences rather than inherited belief systems. Key takeaways include an invitation to release a fear-based God, to recognize the interconnectedness of all beings, and to live with greater acceptance of life on life's terms. Lessons in Daily Spirituality positions spiritual growth as an ongoing practice that unfolds through contemplation and surrender to a power greater than ourselves.

About the Author:

Bruce Lindsey is a spiritual and social commentary writer fostering expanded ideas about our relationship with the Spirit of the Universe. He brings a certain authenticity and simplicity to the subject of God that often eludes religious practice. In Lessons in Daily Spirituality: Lifting of the Veil, Lindsey offers a series of insightful reflections designed to awaken our deeper awareness, transcending religious boundaries.

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