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Regeneration: Spiritual Growth and How It Works

EMANUEL SWEDENBORG

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Centuries before popular Western culture embraced meditation, positive thinking, and the quest for enlightenment, Swedish scientist-turned-seer Emanuel Swedenborg (1688–1772) developed a simple formula for achieving personal spiritual growth.

In his works, Swedenborg describes the two parts of our mind: the intellectual side that wrestles with questions of right and wrong, and the emotional side that drives us toward what we truly love. We are born with selfish impulses and desires, and while we may learn to act ethically, we don't start growing as spiritual people until we transform our emotional side. That transformation, he says, happens from the outside in: first we decide intellectually to be more loving, and that decision leads us to choose consciously to act for the good of others. These external thoughts and actions gradually open us to a higher love, one that transforms our desires and ultimately our fundamental being. He calls this process *regeneration*.

Swedenborg discusses regeneration in many places throughout his prolific theological writings. This book brings his key teachings on this topic together in one volume, illustrating the process of becoming a spiritual being and discussing how and why that process works.

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