



Lifestyle Navigation: Creating a Philosophy of Life

John Gordon Youden

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In order to get to where we want to be, we first have to know where we are and where we've been, even in a fog. And to have a good time while doing so. The Captain—a sailor, physicist, and somewhat of a mystic who shared his philosophy of life with the author one summer in Northern Canada—used the above and other nautical motifs to illustrate his personal philosophy, which emerged during his years in India, was refined through his work as a scientist, and gained further depth and substance as he sailed the world's seas. The Captain believed we can find purpose in life through the study of evolution, discover our true selves by understanding the power and influence of worldviews, and lead a fulfilling and successful life by improving our ability to be mindful. He developed a vertical and horizontal model to reveal how consciousness unfolds both within and without, along with a plan to reach higher levels of consciousness. He also identified energy sources we can tap into for help in developing to our fullest. For more than twenty-five years, the author has published the work of others; however, a story of his own yearned to be told. Lifestyle Navigation is the result.

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