

**Review of *Your Never-Ending Life: Book 1 of the Universal Learning Series,*
by Sandy Andrew.**

Your Never-Ending Life offers readers the opportunity to examine who they are, why they are here on Earth, and how they can achieve success and fulfillment through what Sandy Andrew calls “Universal Learning.”

This book emerges from Sandy’s belief in and practice of New Age spirituality, and is an expression of his personal beliefs and views. In it, he offers a relatively systematic guide to New Age concepts, including the infinite spiritual dimensions of which the universe consists, the belief that all things consist of energy, and the existence of universal laws, such as karma.

Foremost in Sandy’s belief system is the Law of Universal Learning, which is how life presents challenges and lessons for us to master so that we can develop spiritually and become, in the terminology of the book, “more like God.”

Sandy Andrew, like most New Age thinkers, takes a very inclusive approach to spirituality, and urges tolerance towards other’s beliefs: surely a much needed thing in these troubled times. He believes that we are all free to choose whatever religion we please, and that there are many paths to ultimate spiritual fulfillment. He does embrace the language and belief system of a creator God, but his God seems more to be a loving father than a fire and brimstone type, and, as mentioned, he includes eastern concepts such as the law of karma.

As well as giving an overview of the grand scheme of the universe, Sandy Andrew offers simple and practical advice for living well. His meditation instructions are brief, clear, and effective, and he gives sensible advice on setting and achieving goals. I thought that the section on goal-setting, while clear and systematic, would have benefited from some examples that were more spiritual than the rather worldly examples provided. However, no doubt the average reader would be able to extrapolate using the principles that Sandy outlines.

Sandy was, I believe, particularly insightful in identifying negative emotions as one of the biggest obstacles that human beings face in life. He particularly highlights fear, anger, and hatred as emotional blights that hinder our wellbeing. One doesn’t have to look far to see examples of this, either in the world at large or in our own hearts. And yet too often we locate our problems outside of ourselves, and choose to blame others instead of looking at our own hearts. Sandy’s encouragement to look within and to overcome such obstacles is most welcome.

No one book will meet everyone’s tastes, and this of course will be no exception. I imagine that many people who are committed to a particular traditional spiritual path such as Christianity or Buddhism (as I myself am) will find difficulty with Sandy’s tendency to combine aspects of different religions, but for those attracted to New Age

beliefs I suspect Sandy's writing will give a systematic and thorough approach to that particular world view.

I admire Sandy's courage for having had the perseverance to realize his life goals, and in having put his beliefs out there for the world to see. His book is clearly intended to help others, and that in itself is a precious act of great kindness. I wish Sandy well, and hope that he continues to share the fruits of his own particular path of universal learning.

By Bodhipaksa

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