

***Divinely Inspired***

Jerry J. Pollock, Ph.D.

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Reviewed by Paige Lovitt for Reader Views (12/08)

“Divinely Inspired” is written about one man’s spiritual path and how his life experiences brought him through a great deal of spiritual change. It is written from a Jewish perspective; however, I feel that people of religious backgrounds, who respect his belief system, will relate to Dr. Pollock’s story. For myself, I enjoyed learning more about the Jewish faith.

Each of us progresses down our spiritual paths at different paces. Dr. Pollock tells his personal story with a great deal of honesty and self-revelation. I appreciated his willingness to share both his personal successes and failures with us. It gave me greater insight into his story. He had to deal with both an emotionally damaging childhood and manic depression. By reading “Divinely Inspired” it will help us further our own personal journey and provide us with a great deal of motivation.

As a child, Dr. Pollock held his feelings in. He did not get the nurturing that he needed from either parent. He had a lifetime struggle of trying to win recognition and love from his parents. He learned to use pills to deal with the pain. It wasn’t until he was in his forties that he learned to work through these issues through therapy. Then he began to learn to express his emotions. He found a great deal of success using primal therapy. This actually seems like an unusual form of therapy for a research scientist; however, he found that it worked for him.

Because Dr. Pollock is a scientist, I really appreciated how he blended his scientific beliefs into his spiritual beliefs. He offers one of the most fascinating discussions on creationism and evolution that I have ever read. He covers a variety of interesting theories in this section.

Dr. Pollock tells us, “When you totally trust in God, you do so because you feel confident enough that when you do it, God will be there to assist you.” Accepting this belief awakens our souls to a higher state of spiritual being and provides us with inner-peace, self-confidence, self-respect and self-worth. What more can we need for ourselves? I highly recommend reading “Divinely Inspired,” and Dr. Pollock’s other book which I really enjoyed, “The Messiah Interviews.”