



# The Transcended Christian: What Do You Do When You Outgrow Your Religion?

*Daniel A. Helminiak*

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Spiritual crisis is symptomatic of our age. In a global society, even in our own neighborhoods, we know of many religions. They all claim to be true, yet their teachings differ. How do you know what to believe? What is it today to really follow God's way? The Transcended Christian addresses these questions head on. It's about staying deeply rooted in Jesus while branching out to a world of diversity. It's about religion outside the box. Daniel Helminiak made that trek himself. He was ordained a Catholic priest in Rome. He ministered in a large suburban parish. He earned a PhD in theology. He taught graduate theology to seminary students. He realized he's gay and learned how it feels to be a religious outcast. He earned a second PhD in psychology and made spiritual growth his focus. Still a practicing Catholic, he is a Professor in the humanistic and transpersonal Department of Psychology at the University of West Georgia near Atlanta, where he lives. In a series of essays on all facets of Christianity, Daniel shares the wisdom he learned along his spiritual journey. He is also author of eight other books on religion, spirituality, psychology, and sexuality. He is most widely known for the international best-seller *What the Bible Really Says about Homosexuality*. Visit him on line at [www.visionsofdaniel.net](http://www.visionsofdaniel.net).

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