



# **It's 42 ... or is it?: An autobiographical spiritual journey in search of life's meaning and purpose.**

*Heather Barlow*

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## **It's 42 ... or is it?: An autobiographical spiritual journey in search of life's meaning and purpose.**


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Do you struggle to find a balance between a religious upbringing with an increasingly secular and consumerist society? Do you strive to be spiritual but find mainstream religions outdated and unappealing? Are you frustrated by the pressures and insanity of modern life? If so, then you're not alone....

Born in the mid 1970s, Heather had a relatively normal childhood despite being born with a congenital heart condition. She went to school, attended her parents' church and played with the other kids. As she grew older, she became increasingly disillusioned with main stream Christianity and, by her mid 20s, she had stopped going to church altogether. Gradually, she became increasingly convinced that, as suggested by author Douglas Adams' fictional computer 'Deep Thought', 42 was a perfectly sensible answer to all of those awkward philosophical questions.

Then, at the end of 2013, Heather hit an all-time low: her latest business venture had just failed, she was in debt yet again, and her 40s were feeling far too close. Struggling to find a way forward for her life, she undertook a year long journey of self-discovery and spiritual awakening. So, pick up your bath towel and join Heather as she shares her story with you and introduces you to the teachings that have revolutionised her outlook on life, the universe and everything.

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