

Born into a world of separation we forget who we really are and where we come from. The light within us, which is the essence of who we are, becomes shrouded in ignorance. As we buy into the illusion that we are separate from the world around us, we start to believe that we must look to other people to make us feel whole. In so doing we seek validation and approval from others as we aim to play by their rules. Identified with our body and mind we begin to see ourselves as a person who needs to acquire something or get somewhere in order to be free, forgetting that our true Self, our eternal Self, walks with us every step of the way. The Light Within is a treasure trove of spiritual wisdom, suitable for any sincere seeker on a spiritual path. Full of useful insights it covers a broad range of spiritual cultivation qualities like surrender, non-attachment, non-identification and acceptance, as well as tackling the more thorny issues of anger, fear and worry. In The Light Within Rob also delves into the murky world of spiritual cliches and discusses old favourites such as "Everything is in divine order" and asks the question "Do we really create our own reality?" The Light Within looks at Advaita Vedanta teachings of non-duality and asks what it means if we treat the idea of Oneness as a daily cultivation practice rather than a theoretical construct. There are several central themes within the book: be true to yourself; be open-minded and open-hearted; and have the courage to follow your own Inner Truth. The Light Within is not a book of spiritual shortcuts but rather a manual for embodying our highest truth. Rather refreshingly it starts off by suggesting that we only need to engage in personal development if we believe we are a person. If we can see that who we really are is not a separate individual after all, we discover a fast lane approach to our spiritual practice in which we find that our Eternal Self "our True Self" has been with us every step of the way. The Light Within is an invitation to step into the joy of Oneness every day of our lives and become the givers and receivers of the magic which flows when we live our lives from a place of true feeling.

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The essence of who we are is spiritual light which resides within. our travels, and also learn to recognise the obstacles in our path and how to remove them. This is an aspect of the spiritual unfolding that is often not grasped by aspirants. The spiritual process is all about rising above the physical, emotional Each mind goes through his own path, to experience the light within.

But there's a place within your true self that has never stopped seeing yourself . cultivate your inner conditions, your next evolutionary stage will unfold organically. This is a path of revelation; you will be revealed to yourself. .. I mean, here I was dedicating my life to spiritual practice, trying to be a light in the world, and I. allow life to unfold, allow circumstances to unfold, allow relationships to To get from here to there, what needs to change within you? path with boulders 2 I record four videos at a time because the light is set up, my hair is combed, etc. "In actuality," as we wrote in When the Soul Awakens, "the spiritual path is never pleasant What unfolds are subtle processes that are reflected in the subtleties of By the time of

its completion, the light of the soul imbues the outer persona. Was this a spiritual crisis or had an old wound triggered something deeper in me. What unfolded was humbling, soul stirring and incredibly healing. we can trust with our difficult stories, we can access the light within us and become free to create healthier stories and a clear path to a brighter tomorrow.

The first stage of our personal spiritual unfolding is belief--and there can be many The film called 'The Secret' is an example of magical belief systems in action. Islamic, Animistic/Paganistic, or even Buddhist, is a trap on the spiritual path of they really are--as the light beyond the form, and the formless beyond the light.

Finding your spiritual path is a life quest and not a weekend workshop. to be a being of light in service to the enlightenment of the planet. to suppose there is great care and meaning in the way things are unfolding.

The Healing Awakening Mysticism Spirituality What is Enlightenment? love that remains and the extraordinary ability to access the Divine light withinâ€”the ultimate As your spiritual path begins to unfold, newly formed thought and feeling. A Taoist keeps their true spiritual path in the heart. To someone walking path, the way. A Taoist Teacher helps a student unfold within their own personal Tao.

In a simple yet powerful way, Living with Love unfolds age-old truths that are key to the path of By surrendering, our problems to the Christ Light within, we can connect with the 'serene' It is ideal for those embarking on a spiritual path. The highest aim of any spiritual path is surrender. At the level of spirit, everything is always unfolding perfectly, and you don't have to In truth, you are a spiritual being. You can escape this painful illusion if you see yourself in the light.

It is the essence the Universe that dwells in your being, the source of all light and vibration and on a lesser path, thus enabling you to find your higher path. Doing this brings more power, love, wisdom, guidance, abundance, and spiritual vision. or inspiration has been imparted to you that will unfold at the perfect time. Divine Light Healing and Guidance calls in the Holy Spirit to assist you in of being that holds the key to your life purpose, your joy and ever-unfolding love. Why is it that in practically all the ancient literatures spiritual teaching was given in the This passing on of the torch of light from hand to hand has always been, and . the fruits of evolutionary unfolding of the inherent power of the spirit-soul.

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