



From Darkness to Truth: Uniting Ego and the Shadow Self Within the Light of Inner Truth

By Rowella James

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.In order to discover our True Purpose, we first need to reveal the Shadows which hide beneath the social exterior of the Ego. Through a series of guided meditations, affirmations and journal exercises, From Darkness to Truth helps us to unite the Ego and the Shadow Self and guides us towards a higher level of Enlightenment. We learn to show gratitude to the Ego for helping us to operate happily within our daily work and relationships, but to do so with the joy and freedom that comes from realising and embracing our Inner Truth. From Darkness to Truth is essentially a dialogue between a man who is on the brink of taking his own life, and an Angel who appears to him to offer spiritual guidance. Rather than assuming that we manifest every situation that occurs around us, it offers guidance about how we might use our thoughts and intentions to deal with situations and feelings in a positive and mindful way, and how we may develop within ourselves as a result of circumstances which...

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