



Growing Your Inner Light: A Guide to Independent Spiritual Practice

By Lara Owen

Little, Brown Book Group, United Kingdom, 2011. Paperback. Book Condition: New. 214 x 134 mm. Language: English . Brand New Book. A comprehensive guide for creating a daily spiritual practice, GROWING YOUR INNER LIGHT offers tangible advice on developing a unique spiritual path that fits exactly who you are, what you need as a spiritual being, and how you want to live. Author Lara Owen shows how a personalised practice can open the doors to living fully with integrity, feeling connected with the surrounding world, and to finding meaning and peace. GROWING YOUR INNER LIGHT gives readers the freedom to integrate from different traditions - and develop new ones - in order to create their own spiritual tradition. Owen explains how practices from global religions can be combined with contemporary wisdom to create an authentic experience for readers yearning for a sense of inner peace. With a direct experience of spiritual meaning and connection, GROWING YOUR INNER LIGHT is a groundbreaking, transformative journey through thirteen phases of your growth, including: developing intuition; creating sacred spaces and altars; understanding your dreams; exploring the importance of retreats, meditation, and rituals.



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