



MATT LICATA, PhD

THE PATH IS EVERYWHERE

UNCOVERING THE JEWELS
HIDDEN WITHIN YOU

Matt Licata

The Path Is Everywhere: Uncovering the Jewels Hidden Within You



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Drawing on my own journey and also my work with others because a therapist and guide, I wrote THE ROAD Is normally Everywhere with the purpose that it serve as a provocative, alive, and compassionate invitation to re-enchanted our ideas about healing and spiritual awakening in the modern world. But you are not a project to be solved. Frequently ignored, however, are the disappointments of awakening and the ways it can shatter our hearts, breaking us open to the truth of the crucifixion, resurrection, and transfiguration we will probably encounter on the way. Weaving together the wisdom streams of contemplative spirituality, relational and somatic psychotherapy, and the poetic imagination, THE ROAD Is Everywhere reminds us that the depth and magic of the sacred world is always currently here, buried inside our emotions, bodies, romantic relationships, and in the organic world itself. You are a mystery coming into form, and you possess the raw materials that you need, at this time, to live a life of profound depth, purpose, and meaning. We listen to much about healing and spiritual awakening, and the deep pleasure, clearness, and peace that are its promised fruits. Many have grown weary from a long search, exhausted from an endless quest to boost, hold it all together, heal almost all their wounds, and complete some mythical spiritual trip. In the rush to convert the adverse to the positive, manifest everything we believe we wish, and manage our lives into some permanent state of "pleasure," Grace can look in both lovely and fierce forms nonetheless it is still grace, sent from beyond to open up us to the radiant fullness to be. The journey to become a true human being person is messy by nature, since it emerges directly from the unfamiliar and requires compassionate confrontation with the entirety of what we are. As we trip jointly as fellow travelers, why don't we commit to embracing both the joy and the heartbreak of the road, and bear witness to the wisdom shining out of our immediate experience, whether it seems as sadness, bliss, despair, or great pleasure. we lose connection with the reality that there is no transfiguration without embodiment to the dark cross within.



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Are you sick and tired of trying to fix your life? Matt's writing helped me personally move from an incredibly difficult time of anxiety, bodily contraction and a narrative of being trapped. Essential read for those that are in relation to self-discovery and self-love. Unlike many Western spiritual philosophers, he will not advocate spiritual bypassing or self-aggression on our very human feelings and confusion about living a lifestyle of mindful connection between center and mind. I was concerned that in resting, nothing would have finished. It's quite the contrary. Love love it. Nothing changes, but everything adjustments. As a mother of two small kids, I don't have enough time to purchase reading, so I love that this book is designed to be browse in small chunks. Absolutely brilliant. Matt includes a beautiful gift of providing deep truths with compassion and loving-kindness. He's incredibly heart-centered and his practice, his approach to life, and his refined awareness display through his empathy for all beings and their suffering, and how to simplify their suffering. Matt can be very clear at identifying different paths for different folks, which is important in today's world, instead of being locked in to believe what is greatest for the goose is most beneficial for the gander as well. I value his insights deeply, and also have shared his book and blog with many close friends who are feeling trapped, feeling unheard by other teachers, or simply by folks who are suffering. Thank YOU for your beautiful phrases. Looking forward to many more books from Matt. That is an amazing reserve that is shifting my perception rapidly and nudging me to finally accept myself as I am in this instant rather than prodding me to keep achieving for something "out there". Matt's words continue steadily to bring me validation, support and clearness. It's problematic for me to put into words the influence his writing bears. It was a relief to read this publication because I felt so unconditionally cherished by the author as I got deeper in to the essence of what he beautifully communicates. Warm, insightful, grounded and properly designed to be read for those with little time. This book, like much of what I've read by Matt Licata on his FB pages, is amazingly warm, insightful, and grounded. Incredibly heart-centered approach to life's unease and sufferings, and where to find balance in the midst of suffering. I can pick it up when I've a spare 3-5 minutes- and go any place in the book and discover a nugget that often puts me in an improved, more grateful and aware mindset. It offers helped me a tremendous amount thus far in accepting and loving myself just as I am and in doing so, is helping me to also love others better. I recommend this book for anyone interested in their inner dimensions and personal understanding, acceptance, development, and transformation. This book is by considerably the book that has helped me the most in accepting and understanding how to love most of me. So grateful to this author! This is a book that I am assimilating gradually such as a wholesome, satisfying food. It is definitely meals for the soul. Deep, Powerful, and Transformative. I recently discovered that Matt is a therapist for gurus and spiritual teachers. His message is quite deep, effective, and transformative. In that space of rest, an energy started to move within me and create a safe place to hold any experience. Exceptional. This book creates an area for the gentle, living unraveling of the emotional and somatic experience. Matt helps us realize we are able to find the sacred inside our basic (and infinite) humanity at this very moment. That is powerful, transformative function and not a "magic pill" solution. Great book. I recommend it!.. gem of a book consist of a series of beautifully written chapters. This gem of a book contain a number of beautifully written chapters, each unraveling truths that we often stay away from as we course through our armored existence. Clear and Wise Help with The Path. I am very pleased with how quickly I received the publication and am completely enjoying Matt's clarity and wisdom. Great book. I eagerly anticipate reading more. Ultimately, I came across Matt and he offered a safe place for me to rest in the imperfection. Become your own best friend. Licata's book is filled with soothing, tips

needed to be able to integrate areas of the self which were distanced. For individuals who follow his blog page, the words and style will be very familiar. When you have not really read his blog, you will be recently surprised at the perceptive and caring approach Licata will take as he guides you toward learning to be a true friend to yourself. Highly recommended. A true connection of the center and mind. Matt adds something to the field of psychology and spirituality that I haven't seen written before. I really enjoyed this reserve! Matt Licata is definitely a clear and poetic article writer. This is the sort of book that I'll continue my shelf forever and pull out a decade from now to learn again. . It illustrates how presence is a dynamic healer of actually are most intimate and tender pains. Diving deep inside myself I was scanning this book at that time that I was asked to examine it. I keep reading and reading certain passages that maintain me heading as I learn what like truly means. This function opens up a fresh paradigm of becoming, a way to be embedded in your life. Instead, Matt lightly and persuasively encourages us to look within and keep whatever emotions arise, positive or adverse near us, sans judgment, and cherish our embodied container, so we can eventually make peace with the stunning beings that people are and our own individualized journeys. Matt adds something to the field of ... If you are ready to take the next step, Matt can shine some light on your own path inward. Wonderful, soulful writing! Matt's years of spiritual exploration really helps to show the wisdom of searching for deep integrity in your bodies and feelings. This book is by far the book which has helped me the most in accepting and learning to love most of me Matt is actually s gifted person. most powerful reserve I've read in a long time. Thank you, Matt! Five Stars Life changing. Perception shifting. Incredible. Five Stars This book is eloquent, poetic, and magical. Inspired and inspiring This book shines light in to the darkest recesses of your soul, enables you to hold space for the most destructive painful experiences of being human, and come out better equipped to heal.



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