

"*Living in the Light* is very powerful. . . . It can transform your life."

— WAYNE DYER

25TH ANNIVERSARY EDITION

LIVING *in the* LIGHT

Follow Your Inner Guidance to
Create a New Life and a New World

SHAKTI GAWAIN

author of *Creative Visualization*

with LAUREL KING

Shakti Gawain

Living in the Light: Follow Your Inner Guidance to Create a New Life and a New World



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For over thirty years, Shakti Gawain has helped readers address these questions. How do you know which inner voices to listen to? Do you sense you have an internal wisdom which can be a guiding power for you personally, yet wonder how exactly to connect with that intuitive self? Are you searching for much deeper meaning and purpose in your daily life? *Surviving in the Light* provides given literally thousands of people apparent and gentle assistance to create a new life-style — one where we pay attention to our intuition and rely on it as a guiding pressure. The key lies in bringing the light of our awareness to every part of ourselves, including our disowned energies — our shadow part. With great insight and clarity, Shakti shows us the transformative power of bringing awareness to every part of ourselves. As we grapple with personal, nationwide, and global problems on many fronts, this classic function is definitely timelier than ever. *Surviving in the Light* is usually a thorough map to growth, fulfillment, and consciousness. Simple yet powerful exercises on topics including creativity, associations, parenting, health, cash, and transforming the world help us place these teachings to useful use in our daily lives.



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Brilliant book! I'm re-reading this publication. I go through it about a decade ago, and have browse it internittently since. This book remains one of my all time favorites. It works. It completely changed the way I considered life and my life for the better. It gave me concepts which vastly improved my life in all areas. Shakti includes a way of taking sensible, profound, unique and transformative ideas and ideas, and composing each sentence and paragraph in such a simple, consolidated, and effective method, where every sentence rings with immeasurable guidance, truth and wisdom. Short chapters to make use of as a daily meditation :) This is among the best books I think I've ever read This is one of the best books I think I have ever read! It is very difficult to describe the book in a single comment. Shakti teaches us how to be more balanced, integrated and powerful. She eventually teaches the reader how exactly to move within, explore yourself, speak to your wisdom, intuition, internal guidance. A great read for suicidal people, or those people who are getting abused, or those who feel with out a purpose. and so much more. Lots of things to learn and grow from learning it. I have them in reserve at hand out. A must browse for individuals who want to become more evolved and also have personal growth. I really do hope young people give these tenets some believed. It flowed simply and well. I recommend this reserve. It has certainly lit a spark inside me! Classic For GROUNDS I read this reserve when it was first released and am currently rereading it. Bought it after a friend recommended. Was going right through a very hard amount of time in my existence- utilized it as a daily meditation and journaled. Actually have goons through it three times. Helped me to refocus, rebuild and restore the guts of who I am. It certainly shifted how I've resided my life and still does. I have go through many books on psychology, consiousness, spirituality, health insurance and etc.! It helped me recognize that I possess been fighting different issues and emotional imbalances for 15+ years! I've a lot of people who are thankful to have got read this book. I will keep this publication and re-read chapters again and again in the future! Five Stars I really like this book! Very Useful The book was clear and concise. Very welcoming. wholeness and then develop a meaningful, authentic, innovative life that is true for you. I acquired the privilege of a very open education from in early stages, so scanning this work afterwards in life, it had been like preaching to the choir. Wonderful book. the publication flows from one topic to the next in just the proper sequence. Five Stars Yes great book Hope younger people give this a read I'd be showing my ignorance easily criticized a work that has been life-changing to so many. Wonderful book. I actually was introduced to thi sbook in 1986 and then took her classes in the 80's in Soho. I discover this reserve is fabulous for individuals who want to become more progressed and accept life and learn to become more gracious in all turns of life.

***** 10 stars Good book specifically for returning to the center of who We was and rebuilding some valuable treasures inside once broken I cherished this! Also, she talks an excessive amount of about herself, which is not really useful because it appears like bragging. A pioneering function, written when few were discussing manifesting, etc. Easy read, print is great size. Grateful to Shakti on her behalf contributions to our evolution. It's best for someone who just discovered spirituality yesterday Very shallow. It is best for someone who just uncovered spirituality yesterday. There's lots of talk about how existence is a college, and how listening to our intuition is better than hearing our human personality, but there's no assistance or instruction. This is more of a pep chat that doesn't change lives. Also, she reads this book for the audible edition and she reads like she's reading a brief history reserve. A reviewer said it was a publication for spiritual beginners, as if there is such a thing.



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