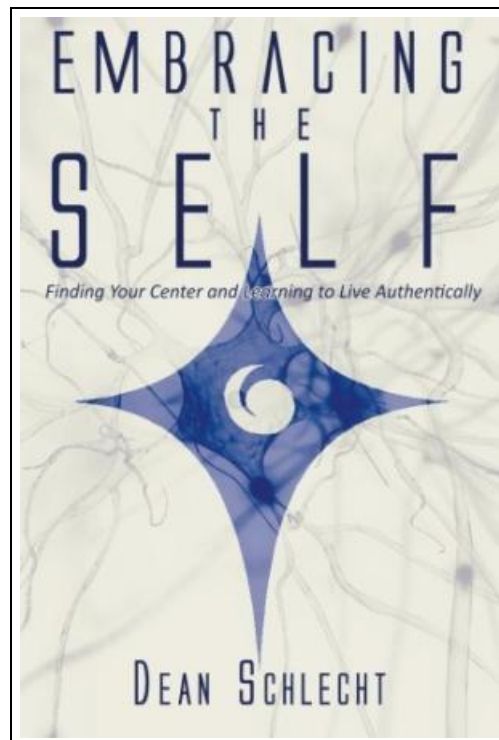


Embracing the Self: Finding Your Center and Learning to Live Authentically



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EMBRACING THE SELF: FINDING YOUR CENTER AND LEARNING TO LIVE AUTHENTICALLY



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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 426 pages. Dimensions: 9.0in. x 6.0in. x 1.0in. The goal of this book is to reveal to my readers the incredible potential for healing and awakening that lives within each of us. We all hunger for a fuller, happier, more meaningful life. Religion, philosophy, psychology, and the entire self-help industry all try to address this hunger. What I have learned is that the most effective and reliable resource for becoming our own best selves, and having the fullest lives possible, is within each of us. Everyone has a profoundly wise, deeply loving intelligence within them, which C. G. Jung and mystics over the ages have called the Self. Truth and love are not out there, outside of us, but lie at the core of our being. They are our foundationa foundation most of us dont even know exists. This book is meant to acquaint you with the reality of the Self, how it communicates with the ego, and what kind of impact this can have on ones quality of life. This part of the book will also provide many examples and specific, concrete guidelines for connecting with the Self so that the reader can initiate this process without having to depend on an external authority to facilitate this connection. An external support person can be very helpful and even necessary in some instances, but it is not necessary for most people. What is necessary is a radical willingness to know ones own truth, even if it is painful, and a commitment to live a life open to love. Anyone who approaches the Self firmly dedicated to seeking personal truth and living out of love will be welcomed and shown the way. What the Self can offer to the...



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