



Intuitive Living: A Sacred Path

Alan Seale

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This modern guidebook to spiritual growth starts with the awakening of self-awareness; awareness of our bodies, our feelings, our thoughts and the energy that flows through every cell of our being. It leads us to the inner states of freedom and peace, seen not as the absence of conflict, but rather a response based on a deeply rooted knowledge that no matter what is happening around you, nothing can harm you at your center. Seale works with the tool of meditation and shows how we can open to the language of love and Spirit. Includes 45 exercises and meditations which speak to us in profoundly different ways at each stage of spiritual growth and can therefore be of great value both now and as our practice deepens. Glossary. Bibliography. Index.

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