



Spiritual Development for Beginners: A Simple Guide to Leading a Purpose-Filled Life (For Beginners (Llewellyn's))

Jan Potter, Richard Potter

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What exactly is spiritual development? Is it about being happy, becoming wise, finding yourself, finding the right religion, or discovering a deeper purpose? *Spiritual Development for Beginners* clarifies this complex idea and offers friendly guidance to anyone-religious or not-embarking on this great adventure.

Emphasizing spiritual growth as a universal and personal process, the authors offer mystical insight and an array of practices-from a variety of spiritual traditions-to forge a unique path to spirituality. Techniques involving breath, light, sound, and visualization help seekers center their consciousness, refine their auras, open their hearts, master their emotions and impulses, alter their perspectives, and strengthen their connection with spiritual realms. This practical guide also shows how to use meditation, prayer, and dream interpretation as tools to transform consciousness and become a "whole person."

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