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# Journey Into the Light

By Art Martin

Personal Transformation Press, United States, 2002.  
 Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The path to enlightenment is structured process that requires desire, drive, intention, commitment and discipline to stay on task. It is not a spiritual practice that produces a deja vue experience where it suddenly creates a new reality in your life. We do not step into our spiritual journey without direction and preparatory work with focus on the goal. To build a solid foundation We have to work with all four aspects of enlightenment. Each step provides the strength to the foundation. We have to work with Physical, mental and emotional health before embark on the spiritual aspect of our journey. Many people think they can jump over the preparatory work which can result in a melt down or break down in the future when we confront an issue that creates a traumatic crisis in our life. The higher you climb on the spiritual path the more you are required to take personal responsibility. We have to let go of blame, justification, judgement and need for control. We first have to recognize that our life is...



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