



Course in Consciousness (Paperback)

By Lucy Costigan

iUniverse, United States, 2004. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Course in Consciousness is a guide to exploring your conditioned beliefs, illusions and expectations about life, death and love. By becoming more aware of your thoughts and emotions, and by tuning into your true essence, you will begin to turn the key that will ultimately unlock a vast storehouse of treasures. There are exercises, meditations and activities that you may incorporate into your daily life to help you gain a greater sense of living consciously in the moment. All religious and spiritual traditions keep telling us in one form or another that the kingdom of heaven is within. You are your own savoir, your own divine work of art. You just need to become more conscious of who you truly are. Course in Consciousness will support your journey to reclaim your rightful inheritance of love, peace, freedom and joy.



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