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The Marriage of Spirit: Enlightened Living in Today's World (English Edition)

Von Leslie Temple-Thurston, Brad Laughlin
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THE MARRIAGE *of* SPIRIT

Enlightened Living in Today's World



LESLIE TEMPLE-THURSTON
with Brad Laughlin

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Von Leslie Temple-Thurston, Brad Laughlin : The Marriage of Spirit: Enlightened Living in Today's World (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised The Marriage of Spirit: Enlightened Living in Today's World (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen1 von 1 Kunden fanden die folgende Rezension hilfreich.
Integration des UnbewusstenVon ImSeinDurch ein Interview auf BuddhaAtTheGasPump bin ich auf Leslie Temple-Thurston aufmerksam geworden. Ihre ruhige und verstdnisvolle Art hatte mich neugierig gemacht. In diesem

Interview erzählt sie von ihrem eigenen spirituellen Werdegang, ihrem Erwachen und ihrer Arbeit mit Menschen. Schritte, Erfahrungen und Einsichten die ihr selbst in ihrem Erwachensprozess geholfen haben und die sie bei Klienten anwendet, finden sich in diesem Buch wieder. Die Integration des eigenen Unterbewusstseins ins Leben, die Bewusstwerdung der unterbewussten Strukturen, Verhaltensmuster, Sichtweisen, sprich aller Egoanteile, wird durch Erklärungen und Übungen vorangetrieben. Beispiele aus Leslie's Leben sowie Klienten Beispiele lockern auf und untermauern das Gesagte. Die Übungen sind sehr simpel und dennoch kraftvoll, zeigen sie einem doch eigene unterdrückte Strukturen auf. Durch die Beobachtung des eigenen Egos (Installation eines Beobachters) und die Erkenntnis dessen Struktur (durch das Praktizieren der Übungen), kann eine Bewusstwerdung geschehen, die jetzt das "Ich Bin" im Gegensatz zum Ego in den Vordergrund stellt. Nach unzähliger Literatur habe ich hier viele neue interessante Dinge gefunden. Für mich ist dieses Buch eine wertvolle Unterstützung in Richtung Selbsterkenntnis.

Kurzbeschreibung The Marriage of Spirit is a handbook for spiritual awakening for people living and working in the world. It directly addresses how we can experience divine presence in our lives, and offers simple, powerful and fast exercises for creating balance and harmony. Based in the ancient teachings of the reconciliation of opposites, these revolutionary, unique, and easy journaling techniques help us accelerate the path to unity consciousness by quickly and dramatically moving us beyond egoic limitations and overcoming negativity, anger, pain and fear. Included is the especially powerful Squares technique, which creates radical and rapid transformation. In this groundbreaking book, which has been translated into several languages and has helped thousands worldwide, Leslie Temple-Thurston shares the story of the awakenings that led to her spiritual transformation, and her eclectic, yogic-influenced approach to Western enlightenment. Filtered through spiritual psychology, her insights and principles are based on the truth teachings of ancient mystery schools, traditions and religions, revamped and simplified for the contemporary spiritual seeker. As the author says, We have arrived at a new and different time; we are here to enlighten the physical plane, the body, and the personality while living and working in the world. If we integrate the dualistic and polarized schisms in our personality, we can know directly and palpably the unity which we truly are, beyond the limited personality. In a world torn apart by polarization, it offers hope for a third way, the way of unity amidst diversity.

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