



Two Worlds Unity Handbook of Self Awareness: A Traveller's Guide for Spiritual Growth

Ken Sykes

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The life we make Reflects the truth of who we are! The only things in the universe we can control are our choices. By making choices, we decide who we are and develop our truth; this determines everything else in our life. Choices can be based on our beliefs and conditioning, and we'll suffer the emotional stress which goes with them. Or we can choose to be self-aware, realise our higher truth, and live in peace and joy. Which do you choose? The first rule for achieving self-awareness is to seek experiential guidance. So if you wish to discover yourself and grow spiritually, herein you may find light to illuminate your experiences. Make no mistake this is not for the faint-hearted. But it can change your life. Trust in yourself, listen to your heart, and feel self-love. Questions about the book? Contact me at: twoworldsunity@gmail.com Visit us on Facebook

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