



The 12 Steps of the Spiritual Journey: A Path to Spiritual Awakening and Self-Empowerment

Melody Larson

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The 12 Steps of the Spiritual Journey explores the path to spiritual awakening as an evolutionary movement forward from ego to soul to spirit. It breaks the journey down into 3 stages and 12 steps so that you can easily find where you are on your own path to awakening. By becoming consciously aware of your own journey, you can evolve much faster and with far less fear and suffering.

Your spiritual journey to awakening matters, not only because you gain freedom from suffering and a greater sense of joy and trust in life, but because your own evolution and awakening contributes to the collective whole. In this book, the journey is expressed as a gradual awakening from the dream of separation.

It's about awakening, but awakening is not seen as something separate from your everyday life. It's not about getting rid of the ego or ignoring human desires and passions. Instead, it's about living your life in a profoundly holistic way. Understanding the journey helps you shift from suffering to acceptance, from judgment to allowing, from success to significance, from disease to wholeness, from worry to joy, from powerlessness to empowerment, and from fear to love.

As with any journey, it helps to have a map. The map drawn in The 12 Steps of the Spiritual Journey helps you explore each step through three different systems: the 12 chakras, the 12 signs of the zodiac, and Jung's 12 archetypes.

The 12 Steps of the Spiritual Journey helps you navigate the practical, emotional, and spiritual aspects of your life with excitement, clarity, ease, wonder, and grace.

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