

The Four Levels of Healing: A Guide to Balancing the Spiritual, Mental, Emotional, and Physical Aspects of Life (Gawain, Shakti)

By Shakti Gawain

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In this profoundly exciting and challenging time, individuals may find they are involved in a difficult yet fascinating learning process -- both their personal evolution and the evolution of human consciousness. In this book, best-selling author Shakti Gawain describes the four levels of human existence -- spiritual, mental, emotional, and physical -- and explains the importance of developing all four. She also provides the meditations and exercises readers need to begin their own healing journeys.

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Editorial Review

From Library Journal
A best-selling author, frequent talk-show guest, and renowned speaker and workshop leader, Gawain here offers a new workbook for healing. She claims that humans are living spiritually and emotionally empty lives that are dangerously unbalanced. Only by balancing the four aspects?spiritual, mental, emotional, and physical?can people be successful and fulfilled. Each chapter investigates one of these aspects and ends with appropriate spiritual exercises. A minister for over 30 years who has conducted seminars on spiritual healing, Grayson by contrast stresses 13 principles for self-healing. Emphasizing that everyone has the ability to lead a happy, fulfilled life, Grayson claims that most people's lives are instead run by lack, loss, and limitation as well as resistance, rejection, and rebellion. Likening it to training for a marathon, Grayson discusses the great effort required to release past negativity and to prepare the path for spiritual healing. The appendix is complete with positive affirmations for spiritual treatments and a glossary of terms. Gawain's work is essential for public library collections for general readers; Grayson's book may be more satisfying for academics and could be considered additional reading for public library patrons.?Lisa S. Wise, Broome Cty. P.L., Binghamton, N.Y.
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