



Living in the Light: A Guide to Personal and Planetary Transformation

Shakti Gawain, Laurel King (Editor)

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""Living In The Light" is very powerful...it can transform your life." -- Dr. Wayne Dyer, author of "The Sky Is The Limit." Since its publication more than a decade ago, Creative Visualization had helped thousands of people explore and connect with their higher selves and create dynamic changes in their lives. Now Shakti Gawain leads readers on a new journey of spiritual growth and fulfillment in "Living In The Light." Using simple, effective exercises, meditations, and affirmations, Shakti Gawain gently shows you the path to getting in touch with your intuition and acting on it. Learning to trust the creativity that flows through the universe, the source of intuition, can transform your life in many ways by: creating new pattern for successful relationships, discovering the energy of the universe within your sexual being, finding the work that you love -- and blurring the line between work and play, nurturing the spiritual power of your children, overcoming the negative thinking that limits your finances, health, and happiness. A clear and practical guide for developing your intuition, "Living In The Light" shows the way to greater aliveness and creativity and to a transformation of the world around you.

Living in the Light: A Guide to Personal and Planetary Transformation Details

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Foad Ansari says

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Ann Pritchard says

If I had read this book even one year earlier, I'm sure I wouldn't have fully gotten it. Something would have resonated but not really sunk in. Books like this, you have to be ready for but when you are ready it is very enlightening just like The Power of Now by Eckhart Tolle. For me, he was the precursor that allowed me to fully understand this book even though the concepts are pretty simple and i'm sure reflected in other book like The Secret or Deepak Chopra's work. I'm getting to those soon.

Jean Marie Angelo says

Shakti's followup to Creative Visualization. This book contains guided meditation exercises. A group of friends used to meet every week in Westport and meditation together using this book as a guide. Oh, the 90s.

Andie Nash says

This book is truly transformative. My mom gave it to me for my 25th birthday, and it sat on my bookshelf until recently. I'm so grateful to her for knowing that I would be ready for the lessons in this book eventually.

"Living in the Light" is practical and inspiring guide to changing your belief system by following your intuition and learning how to be true to yourself. I'm sure this is a book that I will be going back to time and again. Even if you're skeptical about self-help books or New Age philosophies, give this one a chance. It could change your life.

Zen Nana says

I loved this book 25 years ago, when it was first published, and I love it now that a 25th anniversary edition has been released. Like me, Gawain has lived and learned since the first edition, and she has added some of this experience and its lessons to the still true and relevant information from before. A whole new generation can benefit as I have from her insight, experience and compassionate viewpoint. As a companion to her Creative Visualization classic, this book is a treasure of thoughts and meditations to focus your awareness on peaceful, joyful living no matter what hills and valleys your life path encounters. To see all of your life with new eyes, fresh perspective, hidden meaning and complete connectedness is to find purpose and strength to

endure and flourish, to attract and contribute to the good. Gawain helps remind us to let go of the everyday stresses and turn to the higher viewpoint, the overall pattern of our lives -- which I can tell you is a lot easier to see the older you get. A lot of books claim to be able to "change your life," but this one helps you see how to do that for yourself.

Saquina Akanni says

I love this book. I too read the first edition over 25 years ago, when it was first published. Shakti Gawain inspired me then and still does today. I have lived, learned and transformed my life. It started with that first edition. One of my sisters gave me the book and I am forever grateful.

I highly recommend this book to a whole new generation who can benefit from her wisdom, insights and experiences. Ditto: this book is indeed a treasure of thoughts and meditations to focus our awareness on love, peace, and joyful living, no matter what issue, situation or obstacle crosses your life path. We can choose to see all life from a different point of view, a fresh perspective or new perception. There is no hidden meaning only the meaning we choose to place upon it - "It is What it is."

Sending Love and Light
Saquina Akanni
The Prosperity Doctor

Debbie says

What a beautiful book. It will be a continually read book as I practice the teachings of Gawain. I have also picked up the accompanying workbook to drive home the lessons.

I would recommend to anyone exploring their spirituality.

Elena says

First, I should preface this review by saying that I believe the edition I read was an earlier one, which may have not been thoroughly updated. That said, what I did read was, well... not too revolutionary. I have read a number of books in this vein and know what entails a good read. For me, that has to be something which really challenges me and not so much gives me answers, but new questions and avenues to explore. This book did not do this for me. Basically, Shakti explains her background. She is very self-congratulatory (I felt) as she explains that she lives her life by intuition, and has done all kinds of things people have felt were crazy, because she listened to her intuition.

I really feel that this book has one core truth to offer, and that is listen to your intuition, your immediate feelings, your first thoughts. Don't analyze. Just be.

But you don't need to read this book in order to get that insight. You just got it from reading my review of the book.

If you are interested in learning about the author herself, this book may be a good read as it explains quite a bit of her background and her spiritual growth. But it's overall a very general book, which offers no real answers other than "follow your intuition." And I feel that a book which purports to discuss "planetary transformation" ought to offer something more than that one insight.

(This review originally appeared on Amazon.)

Lisa says

I first read this book in 2006, after moving into my first apartment after college and truly living independently for the first time. It touched me. I share many of the beliefs that Gawain outlines in the book, and loved her stories and case studies surrounding them. I didn't finish back then, and had since abandoned most of my spiritual beliefs. I picked it back up in April and breezed through it. It spoke to me louder than it did before, likely because my life was in need of some spiritual balance. I'm so glad I read the final chapters. Gawain does an excellent job of suggesting how to apply the beliefs to everyday life.

Tristy says

I love Shakti Gawain's writing and many of her other books are on my favorite book list. But this particular book missed the mark for me. My copy was published in 1986, and I know she has made some huge leaps and bounds since then, which is reflected in her later publications. This book pulls on the worst aspect of the "Science of Mind" movement, like you can tell how "sick and unbalanced" someone is by the shape of their body (overweight = unresolved issues). So why do I give it three stars? Because as far as writing about intuition, I think she is right on the money. She offers great ways to connect with that sacred source and exercises to deepen it. I suggest you check out Creative Visualization: Use the Power of Your Imagination to Create What You Want in Your Life and leave this one behind.

Angie Klink says

This book helped me in a time of great change in my life. Actually, a five year change brought on by the loss of a family business and financial challenges. "Living in the Light" gave me insight from the first chapter, which stated, "We must learn a way of life that is very different from the way we approached things before. This may not be easy for us, and it will take time, commitment, and courage. Therefore, it's very important to be compassionate with ourselves, to continually remind ourselves what a tremendous task we are undertaking. It will not be accomplished overnight; in fact, it is a lifelong process." I recommend this book to all who have endured major life shifts. It can help you live in the light.

Leni King says

A life changing book that I have read and re-read over the years. One of those books that like a bible by one's side. Thanks Shakti!

Katie says

Shannon recommended this book to me and I am so grateful. It's been on the shelf for awhile, and only recently I had the urge to pull it down and delve in-and oh how synchronistic because it's exactly what I needed to hear RIGHT NOW. Don't you love how books work like that? The right ones seem to come at just the right moment, with just the right message and information. Thanks Shannon!

Brenda Brewer says

Another book that shifted my perspective when I was 21 years old. It's basically about going with the flow and on of the best books illustrating that in different areas of life. More required reading.

Melani says

I liked this book when I was younger, but in rereading it at age 43, I find it hard to trust. Shakti is certainly a humble author who is still searching (rather than resting on her past "discoveries"), but some of her ideas seem to be nothing more than convenient personal inventions. For example, she suggests that anyone we are in conflict with is simply a manifestation of an internal conflict that we have externalized in order to resolve. I find this theory offensive in its tidy resolution of the question of suffering. Would she really tell rape victims or abused children that they had manifested their perpetrators to resolve an inner conflict?

I gave her 3 rather than 2 stars due to her deference to 12-step programs.
