

## GROWING YOUR INNER LIGHT OWEN LARA%0A

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Growing Your Inner Light is a comprehensive guide to creating your own spiritual practice, offering clearly-described techniques and showing how practices from global religions can be combined with contemporary wisdom to create an authentic personal sense of spirituality.

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A comprehensive guide for creating a daily spiritual practice, GROWING YOUR INNER LIGHT offers tangible advice on developing a unique spiritual path that fits exactly who you are, what you need as a spiritual being, and how you want to live. Author Lara Owen shows how a personalised practice can

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Growing Your Inner Light gives readers the freedom to integrate from different traditions -- and develop new ones -- in order to create their own spiritual tradition. One former student of Lara's program shared that she feels "less like a spiritual tourist and more like a pilgrim." Spiritual development is a natural part of being human, and a vital way to expand the intensity of your inner

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