



Living in the Light: Follow Your Inner Guidance to Create a New Life and a New World

By Shakti Gawain

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Are you searching for deeper meaning and purpose in your life? Do you sense that you have an inner wisdom that can be a guiding force for you, yet wonder how to connect with that intuitive self? How do you know which inner voices to listen to?

For over thirty years, Shakti Gawain has helped readers address these questions. *Living in the Light* has given literally millions of people clear and gentle guidance to create a new way of life — one in which we listen to our intuition and rely on it as a guiding force. The key lies in bringing the light of our awareness to every aspect of ourselves, including our disowned energies — our *shadow side*.

With great insight and clarity, Shakti shows us the transformative power of bringing awareness to every part of ourselves. Simple yet powerful exercises on subjects including creativity, relationships, parenting, health, money, and transforming the world help us put these teachings to practical use in our daily lives.

Living in the Light is a comprehensive map to growth, fulfillment, and consciousness. As we grapple with personal, national, and global challenges on many fronts, this classic work is timelier than ever.

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Review

“*Living in the Light* is very powerful....It can transform your life.”
— Wayne Dyer

“Shakti Gawain’s work is a great contribution.”
— Deepak Chopra, author of *The Seven Spiritual Laws of Success*

About the Author

Shakti Gawain is a bestselling author and a leader in the world consciousness movement. Her books, including the classic *Creative Visualization*, have sold over ten million copies in thirty-five languages. She lives in Mill Valley, California.

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