



## Climbing the Sacred Ladder: Your Path to Love, Joy, Peace and Purpose

By Shulamit Sofia MSW

Spirit Works Press. Paperback. Book Condition: New. This item is printed on demand. Paperback. 398 pages. Dimensions: 8.0in. x 5.0in. x 0.9in. Climbing the Sacred Ladder: Your Path to Love, Joy, Peace and Purpose is your spiritual path to higher consciousness and to building the necessary spiritual muscle for dealing with life's unending challenges. You will learn skills and acquire life management tools and techniques for living a more satisfying life by more effectively coping with the impact of external circumstances. Regardless of personal loss of health, relationship, loved one or job and despite political chaos and economic constrictions you will be able to draw on soul strength to maintain your equilibrium and retain your equanimity. By focusing your attention on your inner riches, you can stay centered in yourself, and gain a new perspective that adds meaning and purpose to your life. Strategically designed narrative, anecdotes, exercises, contemplations and meditations guide you step by step along your journey towards alignment with Source. This book is based on the Kabbalistic idea, which holds, we live simultaneously in four different realities, while being aware of only one. In this world view, what is most important is concealed beneath the surface of apparent reality....



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