



Journey Into Consciousness: One Womans Story of Spiritual Awakening

By Shelly Wilson

Bluebird House Publications. Paperback. Condition: New. 304 pages. Dimensions: 7.8in. x 5.1in. x 0.7in. Journey into Consciousness may revolve around my story, but within each one of us is a story that is being written each and every day. We are constantly writing the story of our lives based on choices whether we make these choices ourselves or they are made for us. The directions those choices take us form the foundation for our learning, spiritual growth, and even our happiness. From the moment we breathe that first breath of life to the moment that final breath exits our body, our life story is being written. As we become more aware and mindful of our own personal power, we are better able to make conscious choices, and give ourselves permission to take control of our destiny instead of leaving it up to fate. I know that learning to love and accept myself for who I am and embracing all of my experiences as opportunities for learning and growth have been the catalysts for transformation in my life. I also know that this spiritual journey of mine has strengthened and fortified my soul and psyche so that I know that anything is...

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