



## You Are a Spirit: Nine Steps to Heaven on Earth (Paperback)

By Kayhan Ghodsi, Stephanie Gunning

Yaas Press, United States, 2010. Paperback. Book Condition: New. 202 x 134 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.There is an old Persian proverb that says: Only that which comes from a heart can touch a heart. In his new book, *You Are a Spirit*, clairvoyant spiritual teacher Kayhan Ghodsi suggests nine spiritual considerations that touch the heart and open the mind to that which exists beyond the five-sensory world. He invites you to recognize your transcendent, creative, supremely powerful metaphysical self, residing in your body, whose sole purpose is to serve as a conduit for you to experience life. His nine steps to heaven are designed to lead you to clear your space of the energy of expectation and judgment, and trust your spiritual essence to guide your choices and actions. What comes to light, according to Sarah Maria, bestselling author of *Love Your Body, Love Your Life*, is the only secret you will ever need to know: Who you are is not limited in any way. Laid out in what Ernest D. Chu, author of *Soul Currency*, calls eminently readable practical steps, each ending with a simple meditative exercise from a wise good...

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