



Understanding Yourself: A Spiritual Approach To Self-Discovery And Soul-Awareness

Mark L. Prophet, Elizabeth Clare Prophet

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This insightful work offers unique perspectives into how to master the components of being?the ego, karma, and the Self beyond the self. The authors explain that to truly access the full potential of the soul, one must see oneself as a spiritual as well as a material being, and learn to use all of the energy given by Spirit. A fresh, enlightened approach to self-discovery.



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