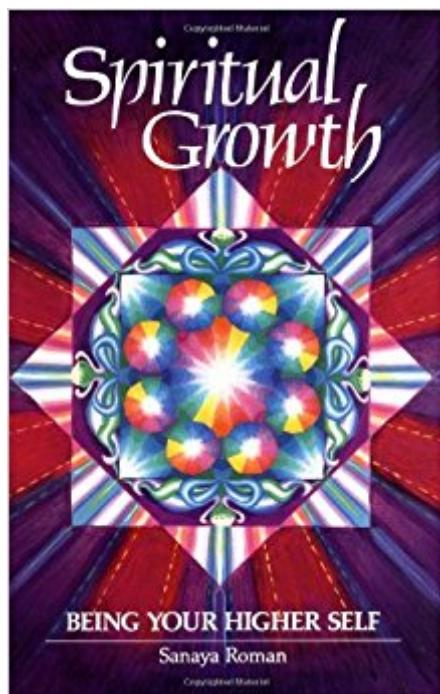


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# Spiritual Growth: Being Your Higher Self



## **Synopsis**

Note: The eBook version has been revised and updated, however the information and teaching is essentially the same as the printed version. This book is a national and internationally best-selling classic with a timeless message. It has been translated into over 24 languages. Once in a decade comes a book that can affect people at the very core of their experience. A contemporary masterpiece in the tradition of the world's great spiritual writings, Spiritual Growth is such a book. It contains the essence of the contemporary spiritual path, embodying joy, growth, and increased aliveness. The teachings are profound and inspirational. Open the book to any page. Quiet your mind, read, savor the words. The effect is instantaneous. Your mind is uplifted, your heart is opened, and your body experiences the sensations of peace. The techniques are practical. Spiritual Growth teaches readers how to move to higher consciousness, when to be an active force, and when to surrender and let things happen. Spiritual Growth will teach readers how to: be their Higher Selves in their everyday life, create a vision of their higher purpose, and manifest what they want rapidly and easily. Readers will learn to work with light for healing and growth, to connect with the Universal Mind for enhanced creativity, and to link with the Higher Will to carry out their higher purpose. A series of meditations (each of the 21 chapters has one) take the reader step-by-step through the process of spiritual growth. These easy-to-learn processes taught by Orin, a wise and gentle spirit teacher, have helped hundreds of thousands take a quantum leap, accelerate their spiritual growth, and live their lives with more joy, harmony, peace, and love. Spiritual Growth gives you tools to lift the veils of illusion, see truth, expand and contract time, raise your vibration, achieve higher states of consciousness, open your heart, and know yourself in new, more loving ways. Spiritual Growth teaches you to have more satisfying relationships with others by using the skills of non-attachment, right use of will, being transparent to others' energies, and communicating as your Higher Self. You will learn to become a source of light and to grow through world service. Speaking always to the higher aspect of the reader, Orin offers the next step in spiritual growth for those who want to know more about who they are, why they are here, and what they came to do.

## **Book Information**

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## Customer Reviews

"A breakthrough for tomorrow's teachers, healers, and leaders who want to be their higher selves now." -- Catalyst "The Earth Life Series is a trilogy of books that I must confess I did not read in their proper order. I didn't discover the series until I received the proof copy of Spiritual Growth - the last book in the series - and read from cover to cover. Unlike some channels whose messages seem to need hours of decoding, Orin's language is crystal clear. For an example, see page 32 of the March/April 1989 issue of Body, Mind, & Spirit. I then went on to read the first two books in the series, Living with Joy and Personal Power Through Awareness. Surprisingly there is no duplication of information. Orin's ideas remain clear, concise and eminently practical. An astonishing array of life situations are exposed and opened to light with a compassionate understanding of the human condition. Orin's suggestions are laced with examples and stories that help the reader see how they work. Each chapter is followed by worksheets and meditations so the lessons can be immediately put into practice. The meditations help to open pathways for the teachings to be absorbed. The teachings, in turn, augment the meditation experience so together they work to bring about change. I found that the writing always seemed new, which to me, is a sure sign of spiritual depth. When I reread sections weeks later they seemed quite different. Of course, they were the same; it was I who had changed. Some teachings that had seemed difficult were now obvious and I realized how powerful many of the exercises had been. It is not that the information was new, only that it had been presented with a simplicity that allowed it to be grasped at many different levels. It is this very simplicity combined with unerring guidance to the highest good that make the Earth Life Series a powerful light along whichever path of growth you choose." (Body Mind Spirit magazine, October 1989) "Spiritual Growth is a way of looking at life, of getting in touch with what Roman calls your higher self. This higher self is within us all, Roman believes, waiting to be tapped with some practice. Roman shows us how. This is a positive book, one that takes the golden rule and expands

it way beyond personal relationships. Spiritual Growth seeks to strip us of blinders, to see good even in those we don't like, to find love within us, to use the power of enveloping ourselves in light and then transmitting that light out to someone we want to reach. It's a spiritual book, but not kooky in the sense that it asks us to go into a lotus position or climb some mountain to find nirvana. Roman is a practical spiritualist, saying to the reader to stop in the middle of a trying day and take a deep breath, to reach inside to find a direction. The mind is a wonderful storehouse of energy, Roman believes, just waiting to be unleashed for our personal benefit. But Roman doesn't believe that we should just hold all of this spirituality inside. Looking outward to find good in everything that we do, Roman writes, is the way to manifest positive beliefs that heighten your outlook on life."(The Tribune, Colorado Press) -- ReviewsThere is a danger today in the "new-age" milieu whereby psychism is mistaken for spirituality and astral glamour is misconstrued as inner development. In the 1970s the metaphysically disenchanted in the West enthroned the Eastern gurus as pillars of high spirituality; but in the 1980s, this habit of adulation shifted to disincarnate light beings. At least the gurus were personally present to scold disciples at moments of spiritual aberration. This isn't possible in today's floriation of channeled guides sans credentials, and some well-intentioned neophytes might find themselves routed unhappily into the developmental ditch from unreliable texts. In many respects Spiritual Growth is an instructive exemplar of both this inherent danger and the uplifting message of light that most channeled works strive to impart. It is the fifth in a series by California channel Roman-a warm, friendly, simple dictation on die elementary principles of personal development presented by a disincarnate spirit named Orin. The intentions are laudable; namely, to move readers into a participation in the higher dimensional expressions of the Self. This is facilitated through advice, examples, and visualizations. Generally, the text, which is entirely Orin's, moves the reader forward pleasantly into an arena of light, hope, and positive attitudes. -- From Independent Publisher

To our readers: The books we publish are our contribution to an emerging world based on cooperation rather than on competition, on affirmation of the human spirit rather than on self-doubt, and on the certainty that all humanity is connected. Our goal is to touch as many lives as possible with a message of hope for a better world. - Hal and Linda Kramer, Publishers

Even though it's out dated I love this book. It was purchased about 5 or 6 years ago or maybe longer during the start of my awakening journey. It's easy to follow and after each chapter they have meditation exercises to go with what you just read. I liked it so much I bought another one for a

friend.

This book was a gem in that it inspired me to climb to new heights spiritually. Watching "The Secret" introduced me to a whole new way of thinking of the universe. There was always something inside of me that told me that there was more to life than what it appears to be. The meditations in this book are very helpful; I particularly like the one where you imagine yourself in a bubble floating high above to a spiritual library that holds the key to what your purpose is in life. I recommend that everyone read this book that feels a little incomplete in their life or wishes to become more connected with the inner God or source.

I am grateful that this book is on my hand and brought so many insights that i now can use to be my higher self and most important to be love and light first and foremost. I am blessed  
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I've read most of her books and this one is on the top of the charts. I actually bought it for a friend but I read mine periodically. YOu can go through the chapters or just skip around for inspirational quotes in large letters and then read the smaller print about that saying below it. Really amazing....

I absolutley love this book. This book called my attention as i started my offical journey on spiritual growth. I say officially because ive always been in denial/too scared. I highly recommend this! I went to a spirtual class specifically in meditation and i happened to mention this book and the couple who are very expirienced were pleasantly surprised about me reading this book because this book was also one of their first books to read when they first started off.

This is a wonderful book and is the second copy I bought as I gave my first one away. Working with the light has always felt good and helped me out of some dicey situations. The techniques in this book expanded my repertoire are very helpful on my spiritual journey which has lasted over 30 years; it never ends. I highly recommend it.

Good read

Even though I cannot agree with all the concepts presented in the book, it has been very useful to me. Many concepts discussed in the book are a reflection of believes from various groups through

history. I think you have to be spiritually receptive and ready to really appreciate some of the concepts exposed in the book. I recommend it to anyone that is looking to be enlightened.

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