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Remembering Who You Are: A Guide to Spiritual Awakening and Inner Peace (with an Introduction to Ascension)

Jill Shinn

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In "Remembering Who You Are: A Guide to Spiritual Awakening and Inner Peace (with an Introduction to Ascension)," Transpersonal Psychotherapist and spiritual teacher Jill Shinn demonstrates that while there are many effective spiritual paths and teachers to follow, our most reliable and empowering guidance comes from within. Drawing from Eastern and Western thought, as well as ancient and modern-day wisdom, Shinn highlights several transformative approaches to spiritual growth, while helping readers cultivate their own inner guidance and unique spiritual paths. A few of the book's themes include: understanding our spiritual roots and the evolution of humanity, developing intuition, accessing the power of the heart, working with spiritual laws, connecting with angels and other spiritual helpers, utilizing energy work techniques for grounding/clearing/shielding/balancing, living in the present moment, learning to choose love over fear, and understanding ascension consciousness. Inspiring and crystal-clear, "Remembering Who You Are" presents key information, insights, and techniques that help beginners as well as advanced spiritual seekers wake up to their divine true nature, and find the peace they've been searching for.

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