



Growing Your Inner Light: A Guide to Independent Spiritual Practice

Lara Owen

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A comprehensive guide for creating a daily spiritual practice, *Growing Your Inner Light* gives specific advice on developing a unique spiritual path that fits exactly who you are, and what you hope to grow into as a spiritual being. Author Lara Owen clearly shows how a personalized practice can open the doors to living fully with integrity and to feeling connected with the surrounding world.

For readers yearning for a sense of inner peace, and a direct experience of spiritual meaning and connection, *Growing Your Inner Light* is a groundbreaking, transformative journey through thirteen phases of your growth, including: developing intuition; creating sacred spaces and altars; understanding your dreams; exploring the importance of retreats, meditation, and rituals.

Growing Your Inner Light gives readers the freedom to integrate from different traditions -- and develop new ones -- in order to create their own spiritual tradition. One former student of Lara's program shared that she feels "less like a spiritual tourist and more like a pilgrim." Spiritual development is a natural part of being human, and a vital way to expand the intensity of your inner light throughout your life.

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