

Spiritual Growth: Being Your Higher Self

By Sanaya Roman

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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.

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Editorial Review

Review
"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*) -- *Reviews*

There 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 disincamate 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*

From the 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

From the Back Cover
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This book offers the next step in spiritual growth for you who want to know more about who you are, why you are here, and what you came to do. You can align with the higher energies that are coming into the earth plane and use them to create the best life you can imagine for yourself.

Users Review

From reader reviews:

Robin Holloway:

Hey guys, do you really wants to finds a new book to read? May be the book with the concept Spiritual Growth: Being Your Higher Self suitable to you? Typically the book was written by popular writer in this era. The book untitled Spiritual Growth: Being Your Higher Selfis the one of several books that everyone read now. This particular book was inspired many people in the world. When you read this e-book you will enter the new shape that you ever know just before. The author explained their concept in the simple way, and so all of people can easily to be aware of the core of this e-book. This book will give you a wide range of information about this world now. So you can see the represented of the world on this book.

Nancy Collins:

The reserve untitled Spiritual Growth: Being Your Higher Self is the book that recommended to you to study. You can see the quality of the e-book content that will be shown to you actually. The language that article author use to explained their ideas are easily to understand. The article author was did a lot of research when write the book, hence the information that they share to your account is absolutely accurate. You also will get the e-book of Spiritual Growth: Being Your Higher Self from the publisher to make you much more enjoy free time.

Alice Navarro:

Reading a book to be new life style in this calendar year; every people loves to read a book. When you study a book you can get a large amount of benefit. When you read textbooks, you can improve your knowledge, mainly because book has a lot of information into it. The information that you will get depend on what kinds of book that you have read. In order to get information about your analysis, you can read education books, but if you want to entertain yourself you are able to a fiction books, such us novel, comics, as well as soon. The Spiritual Growth: Being Your Higher Self will give you new experience in looking at a book.

Rosa Milliken:

Is it you who having spare time in that case spend it whole day simply by watching television programs or just resting on the bed? Do you need something totally new? This Spiritual Growth: Being Your Higher Self can be the respond to, oh how comes? It's a book you know. You are so out of date, spending your extra time by reading in this brand-new era is common not a geek activity. So what these guides have than the others?

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