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CLARION REVIEW ★★★★★ BODY, MIND & SPIRIT

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

Jill Shinn
CreateSpace
Unknown $0.00 (pp)
978-1-4609-0157-1

Books that delve into spiritual awakening have become increasingly popular as readers seek inspiration and guidance through the challenges of daily life. With most books in this category, a reader must suspend logic and "go with the flow," as the saying goes, because the authors of such works deal largely with intangible and lofty concepts.

Jill Shinn does an admirable job of explaining many of the concepts of spirituality while keeping the reader grounded in reality. She does so with an even-handed and down-to-earth writing style, utilizing examples from her own life and the experiences of others to illustrate what spiritual awakening means.

Part One of the book, "Your Personal Evolution," offers some necessary background on both awakening and ascension, which Shinn describes as "raising one's overall *vibration* or energy frequency through meditation or other spiritually uplifting practices." In this first part of the book, the reader is invited to explore and evaluate different ways of reaching enlightenment.

Part Two, "Remembering Spiritual Law," is a roundup of various natural laws: The Law of Attraction (addressed in the best-selling book, *The Secret*), The Law of Unity, The Law of Circulation, The Law of Nonresistance, The Law of Karma, The Laws of Intention and Detachment, and The Law of Dharma. Shinn acknowledges that this is not a complete list; rather, she selected these laws because they are "most valuable in the process of spiritual awakening." The author explains the laws and suggests how the reader can take advantage of each.

In the final section of the book, "Going the Distance," the reader is encouraged to put into practice what has been learned in the first two parts. Numerous exercises are included, but the author urges the reader to consider all of the exercises first and then select those that fit his or her needs. In this way, the content of the book can be personalized to each individual. In closing, Shinn provides notes and a comprehensive reading list.

Throughout the book, the author's voice comes across as authoritative, compassionate, and caring. Her outlook is always one of optimism and encouragement, which lends a sense of calm and positive energy to the work. She embraces the fact that humans are fallible and will make mistakes: "when we learn something from them, anything at all, we have made progress," writes Shinn.

Jill Shinn has leveraged her own experience as a therapist, Reiki master, and Angel Therapy Practitioner to write a practical and thorough guide for those who wish to walk down the path of spiritual awakening. Even if the reader is just at the beginning of self-discovery, *Remembering Who You Are* will make the process easier and more fulfilling.

BARRY SILVERSTEIN (August 31, 2011)

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