

BOOK SUMMARY

The Light: A Book of Wisdom

By Keidi Keating

The Light is a Book of Wisdom that empowers readers to reawaken their Inner Light via a series of Universal Truths and discover how to live an enlightened life. Some of the world's leading luminaries have unconditionally contributed chapters, including bestselling authors Neale Donald Walsch and Don Miguel Ruiz. It is a charity project with the goal of raising one million dollars for seven charities.

The Light takes the reader through preparation, practices and experiences on sacred journey to reach the Holiest of Holies, the Sanctum Sanctorum, the place where the ancient mystery of the Inner Light is revealed. Covering topics from co-creating a peaceful world, forgiveness, healing, finding purpose and happiness, to chapters about health, well-being, destiny, and the mysteries of Kundalini, the book also has practical exercises and guidance, empowering readers to achieve their greatest potential.

The book's message shines further than helping readers via the content, and charities via the donations. It radiates a powerful message of oneness, of coming together, working in unison to Spread the Light, living from the heart not the head, of universal truths, and being of service to others. Through reading *The Light* people will awaken to this sense of oneness so we can step into a new world and live in harmony and unity.

