



The Insights of Higher Awareness: Understanding Spiritual Truth

Rebecca Lilly

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The Insights of Higher Awareness offers in-depth, but concise, explanations of essential spiritual truths thought to be common to all religions and spiritual paths, as well as practical guidance on spiritual growth. The book is both a combination of theory and practice, founded on the premise that the nature of spirit, and spiritual growth, are manifestations of heightened awareness, an awareness that moves beyond the ego (or ordinary self) into higher, spiritual realms. Because our ordinary awareness is greatly restricted, spiritual growth is a matter of expanding that awareness beyond its usual or everyday boundaries through a process known as dis-identification. To dis-identify with the ego is to heighten awareness, and this is the key to genuine happiness because it enables a person to overcome painful negative emotions, such as anger or hatred, and other forms of unhappiness that are the inevitable concomitants of restricted ego-awareness. Heightened awareness not only has great practical benefits, as the way to achieving happiness and peace, but also provides a means of understanding traditional spiritual problems, such as the problem of evil, and the meaning of life for human beings.

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