

***Seeing True: Ninety Contemplations in Ninety Days***

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Reviewed by Paige Lovitt for Reader Views (5/08)

“Seeing True” offers ninety days worth of contemplations followed by thought-provoking questions with space to journal your thoughts. Each contemplation is written to make us go deeply within ourselves so that we can dispel any false illusions to see what is real. They assist us with transcending our egos so that we can continue to spiritually evolve by having a deeper connection to spirit.

This guide covers ninety days because of a belief that it takes ninety days to overcome a habit or addiction. “Seeing True” gets you started on a path to personal spiritual healing. I loved each of the contemplations. They don’t take long to read and I really liked how the topics and questions guided me into a deeper level of thought.

Initially, I read this book all the way through and now I am going back to take each topic one day at a time for the next ninety days. I plan on seriously sticking to the readings and journaling. I feel very excited about the spiritual growth that I will gain during this time. I like that the topics take me away from my own distracting personal issues and have me focus on something different. Then the journal questions bring me back into my own world to see how the topic and thoughts relate to my personal life. This is the perfect tool for spiritual healing. It is also very empowering because you can do it on your own.

I highly recommend “Seeing True” to readers who are looking to evolve spiritually. I also believe that it will be the perfect gift for others on the same path or individuals who are in addiction recovery programs.