

Transformations – Your Inner Guide to Self-Exploration

Introduction

This work is written for all who seek joy, peace, and happiness. The goal is to provide a solid foundation for learning and growth. Through the six phases of transformation you will be prompted to contemplate, act, and be aware of your inner being. To put it simply, this book will change your life in unexplainable ways. We are entering a crucial time in the history of our planet, seeing the results of our neglect of nature. Our collective negative mindset has plagued our existence for centuries. This book is designed to provide a source for spiritual growth and awakening. Use these words as a guide to inner development and true happiness. Your life can be lived only by you. Read the following with an open mind and an open heart. The writings and teachings are meant to be contemplated. The topics are given on a day-by-day basis to allow time to absorb what has been said. It is best to read these passages in the morning and practice them throughout the day. Make it a habit to read one passage per day. Spiritual growth is the work of a lifetime. May your journey be that of happiness and prosperity.

God bless you.

Mark Pezzelato