

# Becoming The Light: Realize Your True Enlightened Nature

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“The more we care for the happiness of others, the greater our sense of well-being becomes. Cultivating a close, warmhearted feeling for others automatically puts the mind at ease. It is the ultimate source of success in life.” His Holiness the Dalai Lama

From untruth to truth, darkness to light, ignorance to enlightenment, *Becoming The Light, Realize Your True Enlightened Nature* can be a gateway to help unleashing your true and blissful nature. Filled with timeless wisdom and spiritual knowledge, it is a narrative of duality and transcendence expressed in all its nuances, an exploration of the colorful spectrum of the human condition, from the deepest suffering to the blissful

and ecstatic Samadhi state. *Becoming The Light, Realize Your True Enlightened Nature* is the true story of my journey, the profound cry of one who desperately longed to go beyond the physical dimension and find existential truth, and her path to liberation. *Becoming The Light* is more than just a moving, daring and provocative spiritual memoir, it is a fascinating odyssey into the beyond. It intimately chronicles my life's quest to overcome a battered childhood, survive major depression, advanced breast cancer, and experience near-death experience and samadhi trancelike, seeking in the mystical land of India, and much more while walking the spiritual path with enlightened masters such as: Yogiraj Gurunath Siddhanath, His Holiness Sri Sri Ravi Shankar, His Holiness the Dalai Lama and Sadhguru Jaggi Vasudev.

In *Becoming The Light, Realize Your True Enlightened Nature*, I delve into the science of yoga, Divine Feminine Energy, inner power, walking the spiritual path, the sacredness of the body as a temple, the power of belonging and vulnerability, the creative flow and intuition, the nature of love, transcending our fear of death, the importance of mindfulness, the ancient yogic art of consecration, mysticism, transcendence, self-realization, and much more. Along the way, I share my own experiences—both painful and joyful—from my voyage on this planet to show what is possible when one finds the path to liberation. The journey, however, is a universal one. Anyone who seeks well-being, happiness, love, serenity, blissfulness, ecstasy, inclusive consciousness, belongingness and truth can find a portal to explore and embark on their own inner voyage.

I have spent eight years working on this book in the hope of helping other suffering living beings—all those who long to go beyond the physical dimension and find existential truth. It is my deepest and sincerest hope that *Becoming The Light, Realize Your True Enlightened Nature* will provide an open window into a world of transformation, mysticism, happiness, insights, inner discovery, ecstasy, and bliss, whatever your chosen path. Whether you are already on a journey for ultimate well-being and enlightenment or just at its threshold, may this book provide the insights, inspiration, and courage you need in order to find your way.

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*Realize Your True Enlightened Nature*

**BECOMING**

THE

*Light*

*Vivianne Nantel*

