

Understanding Yourself

The Everyday Lessons That Make Up Your Life

(NAPSA)—The truth can be so simple that it is easy to overlook when life lessons are everywhere and take place every day.

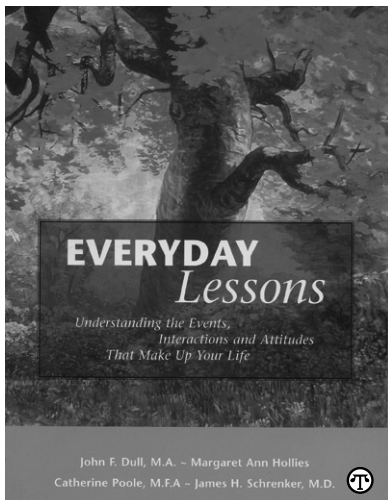
That's the message found in an interesting new book, "Everyday Lessons: Understanding the Events, Interactions and Attitudes That Make Up Your Life (Integrated Concepts Publishing, \$15.95).

The book's authors explore seven universal truths and show how you can find out more about these truths with the use of seven tools: a day of the week, a color, a number, a musical note, a prayer, an affirmation and a chakra meditation. These universal truths are not specific to any religion or spiritual agenda.

These truths have been presented throughout time under different names, in different religions and belief systems. They represent the universal characteristics of the collective unconscious and help people assume a collective goal—to practice unconditional love.

No matter what happens in a life, good or bad, the purpose of that life, say the book's authors, is to learn life lessons. Practices in the book are designed to encourage readers to ask, "What can I learn from this?" Each chapter provides tools to help identify and evaluate lessons learned and taught.

The seven universal truths are free will, karma, purity, love, truth, faith and hope. If you embrace their essence, the authors say, your life will flow along, with resistance occurring



There's a life lesson to be learned in every color, day, number and sound.

only to keep you challenged, interested and evolving.

Sometimes a lesson is not learned in one life and needs to be explored in a subsequent one. Each chapter of the book also contains stories of those who have experienced hypnotic regressions to previous lives and how they recognized, evaluated and processed life lessons in their many forms. These can serve as examples.

According to the authors, the universal truths have always existed and now they are taught in a way that makes it easier to garner the knowledge they have to give. Understanding each truth can help people better cope with the events, relationships and attitudes that make up their individual lives.