

Message from the Author

This book is based on a compilation of classes I have taught and the information I have received from the masters for providing instruction in the self-enlightenment process. It is written with the intention that your journey to self-enlightenment is a joyful and graceful time of self-discovery as you express who you truly are.

This journey does not need to be difficult. I hope this book will inspire you, as these teachings have inspired me, to explore the depth of myself so that I may express my spiritual nature in physical matter with unconditional love and grace.

Enjoy!

Rose “Shuneaj” Sangregorio
2008

The Spiritual Path

The goal of the spiritual path is to bring spirit into matter; to bring heaven to earth.

Refinement and purification on all levels is required to accomplish this. The physical body must be purified of all toxins; the etheric body must be repaired and cleared of all impure energies; the feeling (emotional) body must be cleared of negative feelings; the mental body must be cleared of negative thoughts.

For total self (God) realization in the physical life and world, the spiritual initiate must transform all that blocks vitality, self love, and higher inspired thoughts.

Rose "Shuneaj" Sangregorio



Section 1

Foundation

Namaste

I honor the place in you
in which the universe dwells.

I honor the place in you which is
of love and of truth, of light and of peace.

When you are in that place in you, and
I am in that place in me,

We Are One.

Namaste is an ancient Sanskrit blessing.

1

Introduction

This is a teaching book. The following pages will open your mind and heart to who and what you really are, where you are going, and what stage you are at as a spiritual being. It is a soul searching look of your own path to self-enlightenment.

My belief is that all teachings are correct and it makes no difference which method is used. You must follow the teaching that suits you best and fits into your lifestyle. A daily spiritual practice, whatever it may be, is important and necessary in order to reach self-enlightenment.

My work is not only the search for the soul and light (spirit) but how to access the soul and light. It is how you operate with that soul and light energy. It is also about how to integrate the operation of the soul and light through your physical body for self-enlightenment and ultimately, world service.

This book is about the ascension process – when the soul and light descend into your physical body to express through your physical personality into the world you live in. The light and soul express in matter through the physical form and the individual personality so that you may express spirit in matter.

It is a composition of: learning who you are spiritually, awareness of your lower personality (negative ego or the personality run by fear), becoming aware that the physical body is a house (or temple) for soul and light to move through you into the world. Once you are aware of all these pieces, then you can transform your lower negative ego of fear and of the feelings and thoughts that keep you stuck in the small or lower self. The journey is about how you transform, so that the light and soul energy may move through you...therefore spirit moves into matter.

My purpose is to bring together the different aspects and teachings about spirituality into a practical guide that you can integrate into your daily life and spiritual growth. This book is not intended to be read like a novel (or sequentially read), unless you choose to read it this way. It is designed so you can go directly to the chapters or topics that resonate with you, based on where you are on your life path and what is happening at the moment.

The material is organized into three major sections: Foundation, Ascension, and Integration. The first section, Chapters 1 to 6, provides “foundation” information, the building blocks, as you start your journey to self-enlightenment. Some of the information you may have heard, read about, or seen through books, inspirational speakers, magazines, media, movies, in the news, on popular TV talk-shows, and through a variety of other avenues. These concepts and topics are becoming more available and accepted as the popularity and appeal of holistic approaches to life expands to include integrative and ancient healing modalities, such as acupuncture, yoga, reiki, naturopathic healing, and other healing self-improvement protocols.

The second section, Chapters 7 to 9, on the ascension process, covers how to invite and assist the descent of spirit (soul and light) into your physical body. The presented concepts explain the ascension process through the different levels of initiation and provide guideposts for what you may go through both in your life and on your journey to self-enlightenment. What happens for most people when they become aware of the process is the realization that they can make a change in their lives. They are in control of what happens to them and how they react.

The third section, Chapters 10 to 12, is about integration, how to continue the ascension process with ease and grace by implementing and integrating the knowledge, tools, techniques, and learning into our daily lives through practice and conscious awareness of our own energy, power, and the world around us. Through healing ourselves, because in reality that is what we are on earth to achieve, we can help those around us and truly be of service to the world and the greater good for all.

I hope this book will become a faithful reliable friend you depend on and turn to for help and inspiration during your journey along your path to self-enlightenment.