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# Living In The Light: A Guide To Personal And Planetary Transformation



## Synopsis

In *Living in the Light*, Shakti Gawain introduced a powerful new way of life: that of listening to one's own intuition and relying on it as a guiding force. In the newly revised edition of that classic work, she elaborates on her original ideas, adding aspects of her own experiences and learning process over the past twelve years. In addition to balancing feminine and masculine energies, she now examines several other fundamental polarities we all have, such as power and vulnerability. Everyone's life journey involves developing the full range of self and acknowledging all aspects of one's personality—including both light facets and dark.

## Book Information

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## Customer Reviews

As a classic, this book effectively introduces the beginner to New Age Thought. The mirror principle, issues regarding one's "shadow", cultivating one's inner female/male, and the benefits of trusting your intuition are presented here in clear and readable detail. But I have two real problems with this book. One: while reading, you sense the book's datedness. While all of *Living/Light's* ideas were revolutionary in the mid-80s, they were presented as a sentimental mishmash of popular New Age platitudes. To make the presentation worse, with no "human" examples to support these platitudes, Ms. Gawain is reduced to sermonizing them. Since the first edition of *Living/Light*, some of these concepts have been humanized and vitalized in other more recent New Age texts. (AND AS A SIDENOTE: The mishmash problem may also be perceived in most of Carolyn Myss's books, which I find are generally superficial New Age/Christian surveys cobbled together to support a catchy but unproven hypothesis.) Two: the author only speaks from HER perspective (i.e., white western female

in the U.S.), but the universality of this book would force her to generalize for everybody, thereby producing guesswork not truth on how the human psyche works. For example, when she postulates that one's inner male is to surrender to his or her inner female (who's ALWAYS right!) to achieve spiritual wholeness, I get the impression that she's taking the position of a feminist, presenting men in a limiting old-world perspective. Also, when she tries to explain the inner motivations of gay people, and in particular, with male-male relationships, I find myself openly disagreeing with her arguments. Still, what she offers BASED ON HER EXPERIENCES is valid enough for me to keep this book in my library.

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