

Surviving the Post Love and Light Apocalypse: A Guide to Navigating the Dark Side of Spirituality



New Age Rehab: Surviving the Post Love and Light

Apocalypse by Andrew Brewer

★★★★★ 5 out of 5

Language : English
File size : 1286 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 52 pages
Screen Reader : Supported



In the depths of a spiritual crisis, it can feel like the world is ending. Everything you thought you knew about yourself and your reality is suddenly called into question. You may feel lost, confused, and alone. You may even wonder if you're going crazy.

If you're experiencing a spiritual crisis, know that you're not alone. Millions of people around the world have gone through similar experiences. And while it can be a difficult and challenging time, it can also be an opportunity for growth and transformation.

The book *Surviving the Post Love and Light Apocalypse* offers a down-to-earth, practical guide to navigating the dark side of spirituality. It provides tools and strategies to help readers navigate challenging spiritual

experiences and develop a more grounded and balanced approach to their spiritual journey.

The book's author, Sarah Brind, draws on her own personal experiences with spiritual crises and trauma to provide practical guidance for others who are struggling. She also offers a unique perspective on the importance of integrating the shadow side of spirituality into our understanding of ourselves and our world.

In this book, you will learn about:

- The different types of spiritual crises
- The symptoms of a spiritual crisis
- How to cope with a spiritual crisis
- How to integrate the shadow side of spirituality into your life
- How to find support and guidance during a spiritual crisis

If you're struggling with a spiritual crisis, this book can help you find your way through the darkness. It will provide you with the tools and strategies you need to navigate this challenging time and come out stronger on the other side.

What Others Are Saying About *Surviving the Post Love and Light Apocalypse*

“Sarah Brind has written a powerful and important book about the dark side of spirituality. This book is a must-read for anyone who is struggling with a spiritual crisis or who wants to learn more about the shadow side of spirituality.” - **Marianne Williamson**, author of *A Return to Love*

“Sarah Brind is a gifted writer and teacher. Her book *Surviving the Post Love and Light Apocalypse* is a valuable resource for anyone who is interested in exploring the dark side of spirituality. This book will help you to understand your own spiritual experiences and to develop a more balanced and grounded approach to your spiritual journey.” - **Jack Kornfield**, author of *The Wise Heart*

“Sarah Brind's book *Surviving the Post Love and Light Apocalypse* is a much-needed guide to the dark side of spirituality. This book is full of practical wisdom and compassion. It will help you to navigate the challenges of a spiritual crisis and to find your way back to light.” - **Tara Brach**, author of *Radical Acceptance*

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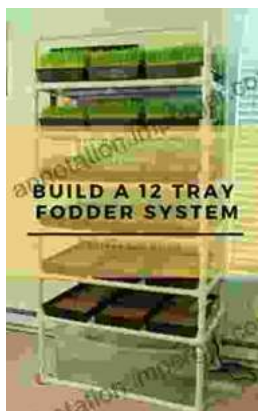
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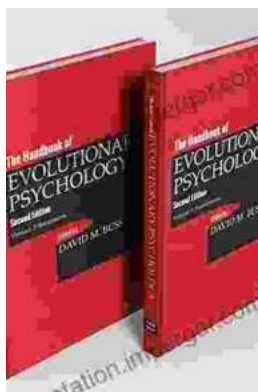
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