

Table of Contents

Foreword	xvii
Introduction	xix

Part I

1. An Invitation	25
2. Invisible Friends	37
3. The Other Side	48
4. The Science of Light	59
5. The Importance of Vibration	70
6. The Higher Self	79
7. Cycles of Brightness	87
8. The Past Colors the Future	97
9. Ancient Schools and Teachers	106
10. A Developed Will	115
11. The Prize	125
12. Seed Thoughts	135
13. Teaching Tools	146
14. The Actor	155

Part II

15. Special Moments	167
16. The Cause Behind Effect	174
17. Steps	183
18. The Eye of God	191
19. Understanding	202
20. Fact or Fiction	212
21. Character	222
22. Love Energy	230
23. The Emptying	238
24. The Filling	250
25. Truth	258
26. Magical Moments	268
27. A Healer	278
28. To Be	291

Afterword	301
-----------------	-----