



# Light Years: A Spiritual Memoir

*Barbara Du Bois*

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## **Light Years: A Spiritual Memoir** Barbara Du Bois

LIGHT YEARS is both spiritual memoir and teaching. In Barbara's journal chronicle of thirty years and her present-day commentary on it, we observe an actual process of spiritual awakening, beautiful and raw—an intimate, provocative probing of consciousness, love, and being. We see relative reality and absolute reality dancing together in her experience and awareness and understand how this is also true for us: We already are what we aspire to become. LIGHT YEARS elucidates the spiritual path in both its individually unique and its universal aspects. A reader wrote to Barbara: "This is a guidebook for the path, coming to us from our own culture in our own time. I found it to hold the same potency as working directly with a spiritual teacher: my karmas began to quicken, old patterns dissolved, and my spiritual evolution organically came bare in step with yours. I felt the jewels of your realizations being planted in my mindstream."

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