

I'm not robot





This book describes a transformative path to enlightenment and awareness, incorporating various disciplines such as tarot, astrology, Qabalah, alchemical transformation, and analytical psychology. A revised edition of a bestselling title, it guides readers through a journey of self-discovery and spiritual growth. The author's approach is rooted in his background as an astrologer and Jungian analyst, offering a unique perspective on the power of imagination and inner guidance. While some readers may find the writing dogmatic, the book's value lies in its ability to inspire others to seek their own truth. By following the author's lead and exploring one's own inner world, readers can experience profound life changes. The book includes practical instructions for meditation, such as assuming a specific posture and using all senses to create a vivid mental landscape. For example, readers are invited to imagine themselves in a cave, using their senses to bring the environment to life. By doing so, they can tap into their inner guide and access deeper levels of consciousness, leading to greater self-awareness and personal transformation. With its unique blend of spiritual and psychological insights, this book offers a powerful tool for those seeking to deepen their understanding of themselves and the world around them. When fully immersed in the experience, feel yourself within a space, letting go of external distractions. Move forward and to the left, seeking an opening that leads out into a new landscape. Take a step into this unknown terrain, grounding yourself in its energy. Call upon an animal to guide you towards your Inner Guide, trusting in their wisdom without preconceptions. The animal will lead you to an unknown male figure, representing your first Guide. Allow impressions and intuition to flow freely, receiving valuable insights that will be useful later. Verify with the Guide if they possess power to protect you within the inner realms. If they are a false Guide, they will disappear. Then, have them take your right hand in their left, ensuring all senses are engaged. Ask your Guide to point out the position of The Sun in your inner world, aligning it with your birth chart's Ninth House. If this alignment is not present, look for another Guide and establish communication. Once connected, direct your attention towards The Sun and ask it to manifest in human form. As you unite with The Sun figure and your Inner Guide, absorb their energy, feeling a sense of profound connection. Now, pose two questions: what do you need from me and my life, and what gifts can you offer me? Trust your Guide's counsel before responding, and be prepared for the symbolic object they place in your hand to represent your connection. Accept whatever life brings. Ask your inner guide and the archetype presenting the gift to help you understand its purpose and how to use it in both personal and external realms. If unsure, keep asking until clarity is achieved. Once understood, ask the archetype to infuse the gift into your body at a location where you can absorb and carry it. Pay attention to physical sensations that may arise. Regularly check-in with your inner guide throughout the process. My own inner guide meditation was an individual experience without external guidance. I began by imagining a building, then descending stairs to the basement, walking through a door into a cave. The cave took some time getting used to, but navigating a tunnel and entering a walled garden worked smoothly. A horse appeared when called upon, and I held its tail as it led me to a new area of the garden. The animal brought me to meet an American Staff Sergeant, which surprised me due to my prior aversion to war. My guide was a quiet individual who mostly communicated through grunts of "yes" or "no." Despite this, our connection felt like that of old friends reunited. As we stood together, the Sun shone low in the sky to our right, mirroring its position according to my birth chart. When the Sun took human form as Apollo, it made sense to me. The electric energy transferred from him was potent and left a lasting impact. He entrusted me with the task of being mindful of his existence daily and gifted me a skeleton key for unlocking secrets of the universe. This key resides in my heart, serving as a reminder to empathize with others' feelings to facilitate healing. Leaving this experience, I felt a newfound sense of awareness, as if a light had been turned on within me. The spark at our being's core must be fanned to allow our spiritual light to shine. Each of us possesses this spark, regardless of whether it's visible or not. The book "The Inner Guide Meditation" offers a unique approach to spiritual growth and transformation, combining Western esoteric practices such as tarot and astrology with inner exploration techniques. Although the author presents their ideas as definitive, they remain open to criticism and self-reflection. Their approach may seem unconventional, but it resonates with the author's life experiences over six decades, which emphasize personal responsibility for one's circumstances. The core message is that inner transformation is key to changing external situations, regardless of age or background. For those interested in New Age spirituality, this book offers practical guidance through Western Magical Tradition and Jungian principles. However, some may find certain concepts, such as the idea of spontaneous human combustion, unconvincing. Others have praised the author's expertise and the book's potential for self-transformation, even if some techniques might require prior knowledge of astrology or Tarot. The Q&A section, a lengthy and unhelpful chapter, is puzzlingly placed before most of its relevant content, rendering it nearly useless. Instead, dive into the rest of the book which offers a captivating method worth exploring. When reading this material, be cautious and heed Steinbrecher's own warning: trust your instincts and avoid following something that doesn't feel right. Although his approach appears solid, some examples he provides seem outdated, particularly those related to human sexuality, reflecting their time of origin.

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