



## Enlightenment: Tips To Reveal Your Divine Nature

By Shellee Rae



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"Enlightenment" shares with you some of the symptoms of awakening, and will support and guide you in your awakening process, no matter where you think you are in your journey. You will receive direct guidance in simple, understandable ways that can assist you in consciously awakening to your divine self. Awakening, like becoming lucid in a dream, can suddenly change your relationship to everything. For many people it's a long, slow process. However, for some, the shift can seem as extreme as instantaneously landing in the body with a thud, and waking up on a new planet. Dancing in the fire of awakening can at times make you feel like you're going crazy. The fire of transformation is wild and can be very disorienting! You are the infinite, formless, nameless One, dancing in a world and in a form with limits. That's bound to create a rub and it's meant to! It's the spark, the impetus, the fire under our butts to awaken. Take your time reading through the chapters. Read one and hold it in your awareness for a day, or even a few days, practicing the ideas expressed. Give some space to feel into whatever might get stimulated in you as you read, and as you carry the reading with you through the day. Let us go together on this adventure, and allow me to assist you in discovering that the you you've been longing for has been here all along. Your heart is calling you home! I invite you to embark upon that journey.

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### Editorial Review

#### About the Author

Shellee Rae, energyworker, guide, and "unTeacher," has been working with people and supporting them in their life, and healing process since 1998. Combining skills, heart, and intuition, sessions and events with Shellee Rae are loosely outlined, keeping them organic in nature and leaving space for fluidity to better meet the needs of the people she works with. She became a Reiki Master in 1998 and over the next few years trained to the master level in many other energy modalities, and certified in numerous body-centered therapies. She also spent a month in India and became a deeksha giver in 2006. Shellee Rae's first book, "Suffering ~ A Path of Awakening: Dissolving the Pain of Incest, Abuse, Addiction and Depression," takes the reader on a 39-year journey through her life, from her childhood years as a victim of sexual abuse, through lengthy addictions to alcohol and drugs, into deep depression, and ultimately to the doors of death. In 1997, a surprise turning point brought her into 12-step recovery, sobriety, and emotional healing. After many encounters with several spiritual paths, teachers, and healing methods, she finally awakened in 2008. Since that time she has been guiding people in their own awakening process by gently pointing to the Truth of who they are from the depths of her own realization. You may be about to take a life-changing step, perhaps you're already in the fire of transformation, or maybe you're simply looking for some gentle guidance. Getting support is a wonderful gift to yourself and can greatly ease the process for you and those around you. See more at [www.shelleerae.com](http://www.shelleerae.com)

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**Jerry Brower:**

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