



Destination Spirituality

Joy M. Mills

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Each of us has a unique, special gift that is meant to be shared with the world, wherever we are on our own individual spiritual journeys. As we learn, grow, and our own inner peace evolves and thrives, we develop greater understanding of the world around us and for each other. The love we give in this world is the same love that will return to us. We will develop a universal understanding, for we are all from the same Source. And we find that, as physical beings with souls, we are all connected to one another through that Source, for everyone has a soul, and each soul is connected to all the others within our realm of existence.

This book is about developing ourselves and our intuitions, about developing our own inner peace by releasing the pain and any negative feelings surrounding the difficult circumstances in our lives. It is about developing our mind-body-spirit connections, both within ourselves, outside ourselves, and with others. It is about developing a knowledge, appreciation and understanding of the metaphysical aspect of our existence. All of this is presented through a series of lessons divided into both text and practical exercises. Many of these lessons are based on my own life's experiences, many of which I had to learn the hard way. Hopefully, they will find you an easier path to your own inner peace.

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