



The Sacred Journey: Unfolding Self Essence

Arife Ellen Hammerle

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Every human being has the capacity to experience the unfolding of Self essence within the heart filled with love as a precious and magnificent Being. Sufism is an ancient wisdom tradition that teaches psychological healing methods for the unfolding of Self essence which is a discovery of one's Self. Throughout this book, the sacred journey is revealed. The Self dissolves through intention and balance which guides the human being to surrender to the unfolding process thereby revealing the inner witnessing of knowledge and peace in unity.

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