



The One Year Manual: Twelve Steps to Spiritual Enlightenment

Dr. Israel Regardie

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This twelve-month manual brings the serious student of consciousness to an ongoing awareness of unity. Dr. Regardie revised this edition (originally published as *Twelve Steps to Spiritual Enlightenment*) to progress from the physical disciplines of body-awareness, relaxation, and rhythmic breathing, through concentration, developing will, mantra-practice, to the ultimate awareness that All is God.

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