

Keys to unlocking our inner self - inspirational reading

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Book Selector

Do you ever ask yourself who am I? Why am I here? What is my greatest desire? Do you ever allow your weaknesses to show? When things go bad do you blame everyone? Are you happy? Have you ever experienced pain?

Because we live in a world full of day-to-day pressures we constantly need to be reminded that a change in attitude will help unlocking the door to the spiritual world. How we accomplish these changes is the most difficult act an individual can ever make. One thing we need to realise is that many people are afraid of change. Inspirational books can guide us with love, compassion and an understanding that will help us to move forward and grow spiritually. Gary Zukav once wrote that 'the longest journey that you will make in your life is from your head to your heart'. We are all on this journey; sometimes we get tired before we reach our destination; sometimes we turn back because the journey is full of trickery; sometimes we finish the journey but miss out on the lesson because of many distractions along the way. But if we focus on the journey and open our mind, soul and heart, the end result will be wholeness, integrity and compassion.

People are like motorcars because every once in a while people do need to be 'taken for a service'. The type of 'service' will depend on the individual. Inspirational books provide us with the 'service' we need. They provide us with emotional, financial, psychological and physical mechanics. Sometimes we crack; we need to acknowledge why, and not who, is responsible; we need to understand, get up and get going.

Adam Phillips, a British psychoanalyst and writer, believes that inspirational books are books that challenge you as a reader to begin to crave and reclaim your limitless dreams, aspirations, happiness and fulfilment, your intended destiny and your very purpose

of being. These books eliminate preconceived ideas and open up endless possibilities.

An inspirational book is any book that touches the very essence of who you are, a book that spurs you into action. The aim of these books is not to provide answers but to show that you are not alone, somewhere someone else is going through the same thing. It confirms that life is full of challenges but it still goes on. These books take you back in time to your childhood, make you laugh, cry and remember the good days. They challenge you to do more and be more and inspire you to question life and its purpose. These books are about self-examination, self-discovery and self-actualisation.

Inspiration is very difficult to describe but Adam Phillips believes that inspiration is a kind of magic that people like to believe in, especially now, in a culture where money can buy virtually everything else of value. It is something we depend upon but cannot command. People are often very fearful of their own inspiration and because of that fear, they sabotage it by often ignoring it.

Amy Twain, a self-improvement coach and writer, adds that inspiration can be compared to a fingerprint because fingerprints vary. What one person sees as inspiration might not be the same for another. She defines inspiration as 'anything that moves you as a person, fosters, lifts you and prods you to do something'. It can be found everywhere if you open your eyes. It is the very thing which makes you chase your dreams. It's that blissful and exciting feeling that you get when your heart glides and your soul is moved.

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Different definitions have been given but I would define inspiration as anything that touches the core of who you are, or that

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sensitive spot that makes you take charge of your life, either emotionally, psychologically, spiritually or physically. Inspiration is not something that you think about; it happens in a blink of an eye; it is instant. When it does happen, it overwhelms and prompts you to act on it.

These books play an important role in people's lives, be they young or old, black or white, rich or poor . . . They

are the centre dots that connect one to one's inner self. They allow one to stop chasing life and choose life. For some these books provide a glimmer of hope of, perhaps, a better tomorrow. Despite daily trials and tribulations they contain a message that one will smile and rise again, knowing that life is a school and we are all here to learn.

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* Note: at the time of going to press some of these titles were still on order.

'The magic is in the moment. The end is not the goal. The process is. For it is during the process that life actually happens.'

Thami Ngubeni