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The
Universe
Within

Volume 1

Gwen Randall-Young

The Universe Within, Volume 1

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Your Highest Purpose

Health is a natural state when there is clear alignment between body, mind and spirit

Fortunately, in this age of information and technology, anyone can gain expertise in the area of health. No longer do we have to put our health solely in the hands of practitioners. But unfortunately, there is such an overwhelming diversity of techniques and philosophies that it is easy to become confused or overwhelmed.

We live in a culture that invites us to give away our power to the “experts”: to place their knowledge or opinions above our own inner wisdom. Ironically, from the perspective of body-mind-soul balance, harmony and growth, such a practice is hazardous to our health.

This is not to say that it is unwise to consult with those practicing a variety of healing modalities. On the contrary: the more we know, the more choices we have. But we have not progressed if we take our power back from the medical establishment only to turn it over to the latest guru on the infomercials.

We are not becoming empowered if our quest for new healing technologies is based on fear for our health. As long as we have fear or worry about our bodies, we have created a polarity within; we are out of alignment with ourselves. Sometimes we even reject those aspects that are not functioning optimally, like an animal who rejects the runt of the litter. Or we negate ourselves completely because we see illness as a weakness or a fault.

Health is a natural state when there is clear alignment between body, mind and spirit. Healing must be about realigning whatever is out of sync, and bringing an attitude of love, compassion and acceptance to all parts of ourselves.

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Support for Healing Addictions
Trusting and Following Your Intuition
Your Authentic Self

CDs for Mothers

Feeling Good for New Moms
Peaceful Passage

CDs for Children and Youth

Go Away Monster!
My Special Friends
Thinking for Yourself

Books by Gwen Randall-Young

Growing Into Soul: The Next Stage in Human Evolution

This book clearly and simply explains the concepts of ego and soul, and provides scientific evidence for the benefits of soulful living.

Dancing Soul: The Voice of Spirit Evolving

A special book written from the perspective of soul, designed to awaken your soul. It is a simple yet elegant invitation for you to enter the dance with your own spirit.

Echoes Through Time: A Message of Healing for Men

Amidst the demands of modern life, this book simply and gently reminds men it is time now to truly connect with the beauty of their own souls.

Baby Soul: A Blessing of Spirit

A handbook to welcome and honour the soul of the newborn. Dedicated to all new souls, and the deep memory of the birth of our own souls into consciousness. It will touch your heart.

The Universe Within, Volume 1

This is the first book of articles from a series that Gwen Randall-Young writes called "The Universe Within". Gwen started this article series in 1996, and the articles have generated a dedicated and loyal readership. Also available online as an e-book. www.gwen.ca

The Universe Within, Volume 2

This is the second book of articles from a series that Gwen Randall-Young writes called "The Universe Within". Gwen started this article series in 1996, and the articles have generated a dedicated and loyal readership. Also available online as an e-book. www.gwen.ca

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The Universe Within

Volume 1

By Gwen Randall-Young

This book contains articles from Gwen's popular series "The Universe Within". This series has generated a dedicated and loyal readership. Each article contains deep wisdom to guide you along your life's journey. Enjoy these inspiring words.



***About Gwen:** Gwen Randall-Young is a psychotherapist and author whose work bridges the worlds of psychology and spirit. Her "gentle voice of change" and soul-centered approach as expressed in her books and CDs continues to transform and uplift the lives of many throughout the world*

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