



Water Your Roots: Walking a Spiritual Path

Bernard Willemsen, Penny Margolis

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Water Your Roots: Walking a Spiritual Path, the third book of Ben Willemsen's Human Energy Trilogy, probes the meaning of spiritual growth and the personal challenges encountered on a spiritual path. Using examples from the spiritual journeys of his students, Ben delves into the demands of becoming a student and finding a teacher, the importance of self-acceptance, the ego system and its resistance to change, the relationship between sex, love and spirituality and much more. Appendices with detailed instructions for four meditative exercises are also included. Unifying the themes explored in the two earlier volumes, Don't Water the Stick and The Spirit and I, Ben's third book offers direction for genuine seekers of spiritual guidance.

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