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## PACIFIC BOOK REVIEWS

# Soul Seeker

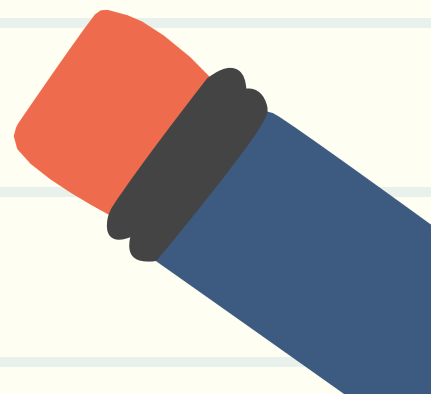
Written by: **Perspectus**

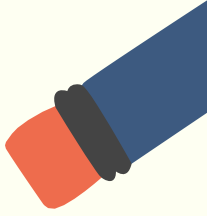
Reviewed by: **Lisa Brown**

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# Soul Seeker

## by: Perspectus

An insightful ode to his personal spiritual Journey, author Perspectus presents a work teeming with his literate insights concerning his path to finding his soul and awakening, invoked through perceptive Poetry, Prose and accompanied by stimulating, resonant, Illustrations.

Before his awakening, while suffering for years with an autoimmune disorder at 66 years old, author Perspectus found himself spiraling through pain, the need for self-medication and enmeshed in a deepening depressed state. However, after hitting his lowest point in his life, he was able to regain himself, find his soul, re-establish his faith in the divine, and transcend from the brink of suicide to a truly wondrous spiritual awakening. Ultimately his story is a shining example of finding and turning on and keeping on your inner light, while coming to the ultimate realization of the connectedness of us all.

Initially it was the issues with Perspectus' health which led to the impetus for his spiritual awakening. As he worked to improve his health, the methods he employed, meditation, breath work, acupuncture, as well as mind-body-energy work, allowed for him to focus on healing via both physical and metaphysical modalities. Eventually it was the metaphysical healing which began to trigger his spiritual awareness, waking up psychic faculties, which thereafter he began to see and experience life from a different paradigm spiritually, while learning to follow the nudging of his inner divine compass.

Part memoir, part literary work, the awakening journey of Perspectus is well presented within this narrative; it is lucid, perceptive, literate and expresses a depth of wisdom which could only come from personal experience. Moreover, he shares the path of his journey, both through anecdotal narrative focusing on the spiritual lessons learned while also aptly expanding the focus with the inclusion of his own spiritually stirring poetry and touching literary compositions.

Completely, *Soul Seeker: Reflections on a Spiritual Journey from Darkness to the Light* by Perspectus is a thoroughly enjoyable work which I found to be an absolute gem of a read, as it sparked inspiration for myself and I am sure it will for those "seekers" that are ready. This story was engaging from the outset and presented a memorable read that was overall deeply illuminating as he shares how he was able to reclaim himself spiritually.

Essentially, this book presents the kind of narrative that serves as a reminder and spiritual guide to all seekers either on the path, or just embarking on it, that while the journey to your awakening can be a testing road to take, the reward is great because you will find yourself divinely stretched and expanded into your best life. I definitely recommend this for those interested in spirituality. It is well worth the read.

Reviewed by:  
Lisa Brown, Pacific Book Review

