



# The Inner Journey Home: Soul's Realization of the Unity of Reality

*A. H. Almaas*

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What

is the soul, and how do we come to know it? What is its journey in life, and what stages and obstacles are encountered along the way? These questions are explored here in detail according to the Diamond Approach, a spiritual path that combines systematic inquiry into personal experience, the practice of traditional spiritual methods, and the application of modern psychological research.

*The*

*Inner Journey Home*

is the centerpiece of the Diamond Approach literature, providing a complete overview of the teaching with references to the author's other books for more details on certain topics.

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