Dr Wayne W Dyer, a professor of counseling psychology and one of America’s foremost teachers of transformational wisdom, has authored 20 books on behavioural sciences. He regularly appears on TV & radio and delivers lectures across the country to groups numbering in the thousands.

His book ‘Your Sacred Self’ is a compact guide to reform reader’s behaviour for his personal growth and to make him useful member of society. The argument in the book revolves around Immanuel Kant’s quotation “The greatest human quest is to know what one must do in order to become a human being.” The author tries to resolve the issue between the spirit and the ego. If the former triumphs, we discover our sacred self; and in case of the latter’s victory, we shall remain slave to our mortal body, and shall never see the light of spiritual freedom.

It reminds us that the highest worship of God is service to mankind through which we can realize our sacred self. The author presents various tips to control egocentric behaviour and enumerates the losses resulting from moral turpitude. This book indulges in a dialogue on universal ethical values culminating into a synthesis that it is possible to shed one’s egoistic self and still enjoy a happy, successful life. The overall conclusions of the author are astonishingly very close to Islamic teachings on spiritual, ethical and moral values.
Your Sacred Self is the angel that sits on your shoulder, the white flag of your conscious. It is the part of you-you can't lie to, the part that wants the best for you, the part that will show you kindness if you let it. Use this practice to re-sensitize your ears to the voice you muted, awaken your mind to the instincts you were born with and feel more connected to and trusting of your guide within. Health & Happiness. Mindfulness. Your Sacred Self: Making has been added to your Cart. Add to Cart. Buy Now. Step by step, Your Sacred Self will help you understand your place in the world and develop a sense of satisfaction with yourself and others. About the Author. Dr. Wayne W. Dyer was the bestselling author of 20 books and had a doctorate in counseling psychology.