



Remembering the Light Within: A Course in Soul-Centered Living

By Mary R. Hulnick Ph.D., H. Ronald Hulnick Ph.D.

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What if you discovered—not as a concept, but rather as a profound inner knowing born from the crucible of your own experience—that the Essence of your very nature is, has always been, and always will be the Presence of Love? That Awareness would change everything. Your consciousness would be transformed, and you would move forward into a Soul-Centered life—your unique and beautiful life of meaning, purpose, and fulfillment.

The book you hold in your hands is a vehicle for fostering just such an epiphany through the use of the empowering tools of Spiritual Psychology in your everyday life. As co-directors of the University of Santa Monica, the Worldwide Center for the Study and Practice of Spiritual Psychology, **Drs. Ron and Mary Hulnick** have had many years of experience in applying these Principles and Practices in their own lives as well as supporting thousands of students in doing the same. Their intention is nothing less than providing you with inspiration, practical tools, encouragement, and opportunities for learning how to live into the Spiritual Context—the Awareness that you are a Soul and that your life serves spiritual purpose.

As you read and engage with this book, you'll learn practical ways for Waking Up more fully into the Awareness of the Loving Being that you are. You will be remembering the Light within—remembering your Essential Nature. Can you imagine walking through this world in a consciousness that is Awake to Love? Wouldn't that be Amazing Grace? Opportunities for just such experiences are available to you, and this book will be your guide through this process.

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Editorial Review

Review

“I love this book. I want to give it to everyone. It is the owner’s manual for egos that have forgotten they are souls.”

— **Richard Barrett**, author of *A New Psychology of Human Well-Being: An Exploration of the Influence of Ego-Soul Dynamics on Mental and Physical Health*

“This is truly a book for our times; a handbook of awakening to the Light within. **Ron and Mary Hulnick** are two of the most accomplished spiritual teachers of our time. They are love itself—the real deal. While more than 5,000 students have graduated from their celebrated programs out of the University of Santa Monica, now we can all partake of their practical, life-changing wisdom.”

— **Joan Borysenko, Ph.D.**, *New York Times* best-selling author of *Minding the Body, Mending the Mind*

“I’ve known **Ron and Mary Hulnick** for more than 30 years and have watched their work grow and mature over time. Not only are they a class act but also their work is truly exceptional. I am inspired every time I meet one of their graduates. *Remembering the Light Within* is filled with the wisdom of the ages. It is truly a life-changing book.”

— **Jack Canfield**, co-author of the Chicken Soup for the Soul® series and *The Success Principles™*

“The liberating wisdom in this book radiates and flows from each page. No one will read it just once. This book is not just a one-time experience but rather a gateway to the timeless in us all.”

— **Steve Chandler**, author of *Time Warrior: How to Defeat Procrastination, People-Pleasing, Self-Doubt, Over-Commitment, Broken Promises and Chaos*

“*Remembering the Light Within* is an inspiring guide for the discovery of our innate wisdom and inner knowing. **Mary and Ron Hulnick** are masters in helping individuals understand that our greatest potentials do not have to be acquired or manufactured anew, but only realized. This book is an essential guide for anyone seeking deeper meaning and fulfillment. This awareness is crucial not just for the individual seeking it; it is essential, at this point in history, for our flourishing and continuance as a species on our beloved planet.”

— **Larry Dossey, M.D.**, author of *One Mind: How Our Individual Mind Is Part of a Greater Consciousness and Why It Matters*

“I wish to thank **Mary and Ron Hulnick** for producing another masterpiece. They guide us step-by-step through some very powerful techniques and mind-sets. The idea is to free us from harmful thought habits, and teach us precious skills to live more consciously and happily. When we are on the journey to become what we really are, all knowing is remembering, all realizations are discoveries of what we have always known but what, in the intricate pathways of our lives, we so easily forget.”

— **Piero Ferrucci**, author of *Your Inner Will: Finding Personal Strength in Critical Times*

“**Ron and Mary Hulnick**’s new book is a treasure trove of wisdom for today’s spiritual seekers. Not only is the book filled with liberating insights, it is also grounded in practical processes that bring spirituality to light in your daily activities. *Remembering the Light Within* is a book to read and re-read often to awaken and nurture your spiritual essence.”

— **Gay Hendricks, Ph.D.**, author of *The Big Leap* and co-author of *Conscious Loving Ever After*

“Reading *Remembering the Light Within* is like taking a course in soul-based living. It takes you by the hand and, in a most pragmatic way, leads you home to your Spiritual Self.”

— **Leonard Laskow, M.D.**, author of *For Giving Love: Awakening Your Essential Nature Through Love and Forgiveness*

“In today’s noisy, distracted world, it’s harder than ever to listen to your inner voice. In *Remembering the Light Within*, **Ron and Mary Hulnick** provide a step-by-step guide to tapping into your intuition and wisdom. This book is an invaluable guide for anybody who wants to live a life of meaning and purpose.”

— **Arianna Huffington**, founder and CEO of Thrive Global and author of *Thrive*

“**Drs. Ron and Mary Hulnick** have given us in this book an enormous gift of most valuable practical tools and guideposts for life that have been part of their courses for so many years. Now we can partake of this treasure in the comfort of our own home. This is a book you can devotedly study as it takes you into untethered parts of yourself so you can navigate your life with the delicious connection to yourself, your truth, your soul, and your light within. I relish it!”

— **Agapi Stassinopoulos**, author of *Wake Up to the Joy of You: 52 Meditations and Practices for a Calmer, Happier Life*

“Throughout life’s journey rarely do you experience a book that will leave footprints on your heart. *Remembering the Light Within: A Course in Soul-Centered Living* is just such a book. More than a Course, it is a pathway to Awakening, a gateway to your Authentic Self! Gently and lovingly, **Ron and Mary Hulnick** invite you to remember the inherently Loving nature of your Spiritual Essence. The practices in each chapter will masterfully guide your ego in surrender to your Soul. This book is a treasure.”

— **Iyanla Vanzant**, host of *Iyanla: Fix My Life* on OWN

From the Back Cover

What if you discovered--not as a concept, but rather as a profound inner knowing born from the crucible of your own experience--that the Essence of your very nature is, has always been, and always will be the Presence of Love? That Awareness would change everything. Your consciousness would be transformed, and you would move forward into a Soul-Centered life--your unique and beautiful life of meaning, purpose, and fulfillment.

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About the Author

Drs. Ron and Mary Hulnick are pioneers and worldwide leaders in the field of Spiritual Psychology, as well as teachers and facilitators of Awakening in Consciousness. They are renowned educators, authors, and the Founding Faculty and Co-Directors of the University of Santa Monica (USM), where they have designed, developed, and facilitated Educational Programs for the past 35 years. Both are licensed Marriage and Family Therapists, and Mary is also a licensed Clinical Psychologist. They are the authors of *Loyalty to Your Soul: The Heart of Spiritual Psychology*, published by Hay House and available in 12 countries and 8 languages. Their latest book, *Remembering the Light Within: A Course in Soul-Centered Living*, was published by Hay House in 2017. For more information about Drs. Ron and Mary Hulnick, visit RonandMaryHulnick.com and UniversityofSantaMonica.edu.

Users Review

From reader reviews:

Fred Ashman:

In this 21st millennium, people become competitive in every way. By being competitive currently, people have do something to make them survives, being in the middle of the particular crowded place and notice by simply surrounding. One thing that sometimes many people have underestimated it for a while is reading. Yep, by reading a publication your ability to survive enhance then having chance to stand than other is high. For you personally who want to start reading a book, we give you this particular *Remembering the Light Within: A Course in Soul-Centered Living* book as starter and daily reading book. Why, because this book is greater than just a book.

Noah Gardner:

Nowadays reading books are more than want or need but also be a life style. This reading practice give you lot of advantages. The advantages you got of course the knowledge even the information inside the book this improve your knowledge and information. The info you get based on what kind of reserve you read, if you want get more knowledge just go with education and learning books but if you want sense happy read one with theme for entertaining like comic or novel. The actual *Remembering the Light Within: A Course in Soul-Centered Living* is kind of reserve which is giving the reader erratic experience.

Scott Fisher:

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Philip Brown:

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