



The Book of Knowing and Worth: A Channeled Text

By Paul Selig

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The Book of Knowing and Worth: A Channeled Text By Paul Selig

The third in Paul Selig's popular "I Am the Word" channeled literature series, this extraordinary psychological-spiritual guide addresses how to overcome low self-worth and claim our true purpose as individuals.

Winner of the 2014 Nautilus Award represents "Better Books for a Better World"—the Silver Award in the category of Religion /Spirituality: Other Traditions.

In his third channeled text, Paul Selig—acclaimed author of *I Am the Word* and *The Book of Love and Creation*—brings us his most practical message yet.

Informing us that “you decide what you are worth,” Selig’s spiritual guides take readers through a program to understand our own inherent worth, and beat the fears that drain our inborn spiritual knowing..

Selig reveals that true understanding of our life’s purpose can be found through “service”—the practice of the thing that you most love. Readers can discover their own form of service through this powerful mantra: “I know who I am, I know what I am, I know how I serve.”

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Editorial Review

Review

Winner of the 2014 Nautilus Award represents “Better Books for a Better World”—the Silver Award in the category of Religion /Spirituality: Other Traditions.

“Generosity and compassion flow from Paul. His gifts help me find deeper connections to myself and to the world. His guidance is powerfully freeing, and, to me, indispensable.”

—**Joan Larkin**

“In a world of would-be psychics making great claims for themselves with little evidence to back them up, Paul Selig is the real thing.”

— **Rachel Pollack, author of *78 Degrees of Wisdom: A Book of Tarot***

“Paul and his Guides somehow manage to transmit and then explain ancient gnostic revelations in simple language that anyone can understand. The result is a kind of handbook on how to access and use the creative or 'out-picturing' powers of language and thought (our 'knowing') and the deep, still unconscious divinity of humanity (our 'worth'). A magical book.”

—**Jeffrey J. Kripal, J. Newton Rayzor Professor of Religious Studies, Rice University**

“Through his clear, compassionate, and at times ruthlessly insightful spiritual guides, Paul Selig has written a breathtaking and powerful treatise on the importance of self worth to spiritual knowing. However, this is no armchair new age philosophy. It is a transformational manual dedicated to making this essential knowing accessible. I found this to be one of the most powerful and influential books I have ever read.”

—**Jose Luis Stevens Ph.D., Co-founder of The Power Path, psychologist, teacher,**

and author of *Secrets of Shamanism, The Power Path, and Awaken the Inner Shaman*

About the Author

Born in New York City, **Paul Selig** attended New York University and received his master's degree from Yale. A spiritual experience in 1987 left him clairvoyant. Selig is considered one of the foremost contributors to the field of channeled literature working today.

Paul offers channeled workshops internationally. He serves on the faculty of The Omega Institute, The Kripalu Center and the Esalen Institute. Also a noted playwright and educator, he served on the faculty of NYU for over 25 years. He directed the MFA in Creative Writing Program at Goddard College for many years he now serves on the college's Board of Trustees. He lives in New York City where he maintains a private practice as an intuitive and conducts frequent livestream seminars. Information on public workshops, livestreams and private readings can be found at paulselig.com.

Users Review

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Edward Olivier:

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Irving Wile:

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Ross Turner:

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Thomas Mitchell:

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