

Facing the Shadow, Embracing the Light: A Journey of Spirit Retrieval and Awakening

By Niara Terela Isley



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Facing the Shadow, Embracing the Light: A Journey of Spirit Retrieval and Awakening is the story of one woman's induction into the world of extraterrestrials, flying saucers, shadow government operations and finally, her own transformation. Through trying to understand what happened to her, with the larger context of such activities even more disturbing than the trauma and abuse inflicted upon her personally, she comes to remarkable insights into the crucible that is our world today as she takes her own spiritual journey of personal healing.



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Editorial Review

About the Author

In 1994, Niara Terela Isley discovered a disturbing three-month block of missing time from her time in the USAF in 1990. Undergoing hypnosis with the late Budd Hopkins to investigate this and other memories and strange dreams from childhood, what she discovered turned her life inside out for many years, launching her into more study and research to find out what had happened to her, why, and in what context, and to heal from the ensuing emotional fallout. A lifelong learner across a broad spectrum of disciplines, including various sciences, personal growth and spiritual practice, Niara's healing journey brought her amazing insights about the world we live in and our relationship to the larger universe.

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