



# **Stardust on the Spiritual Path: The Journey of the soul as seen through Karma and Vedic Astrology and Family Constellations towards awakening**

*Ms Yildiz Sethi*

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Many are ready for the next step in consciousness in finding a belief system or form of spirituality to help them discover a higher meaning in life. Through exploring elements of mystical India with knowledge of modern psychological and personal development, we may create a new enriching perspective of our soul journey as stardust. Yildiz explores aspects of Karma, Vedic astrology, reincarnation, free will and destiny and the process of Family Constellations as a means of making the most of ourselves on our soul journey through relationships and self-discovery towards enlightenment through a character named 'Surya'. The author uses ancient and modern philosophies and Eastern and Western knowledge in looking through Surya's eyes. Each decision has consequences and Yildiz discusses those with a strong emphasis on the intricacies of relationship. 'We are invited to consider consumerism, global warming and our search for love as the soul remembering its wisdom. To experience her generosity of spirit, one only has to read, "Perhaps there is truth in both beliefs. That this life is unique, a one-off experience and may not be repeated in exactly the same way. This is the only time we may have this experience in this body, time, culture and circumstance." The book holds our interest, but perhaps most beautiful is the strength of peace that is left once our eyes have left the page. Precise explanations on karma that will set you free! You will find many spiritual gems gleaming from this book., 31 Aug 2014 By Sarah Sheikh This review is from: Stardust on the Spiritual Path (Paperback) I first heard about family constellations some years ago, however, the description by Sethi was, by far, the easiest to fully understand by far. She includes step by step details of the process in action, including graphics showing the family constellations. Up until this point, I had not understood why it was called constellations. Stardust the Spiritual Path delves deep into the real reason why we are here, that we are first and foremost from the stars, incarnating into a physical body in the physical realm. Until one comprehends this wisdom, I think the true meaning of life will elude one. The manner in which Sethi explains this gets straight to the core of such, without having to excavate reams of flowery spiritual material and becoming bogged down to the point of turning away - or needing to take extensive time out to study the material. I have spent considerable time studying deep spiritual texts, but eventually the answer is simple and profound at the same time. The chapters that resonated incredibly deeply were on the subject of karma, and how one person may seem to be lucky or unlucky. I always thought there was more to this subject, but had been unable, up until now, to find such material that would explain everything on karma. Sethi shares her knowledge on fixed, mixed or light karma, offering examples that enable you to visualise each situation perfectly. She offers practical advice on what one can physically do in the cases of mixed or light karma. Some of the ideas I had been experimenting with, and working in accordance with the law of attraction. Now I clearly know what are the true possibilities, and as I integrate the knowledge into my life, I will be able to learn more deeply from my experiences. Without this knowledge, one may feel thwarted at certain circumstances, or unusually lucky. We certainly need to be able to make sense of what is occurring in our life! In addition to experiencing Family Constellations, I have also previously purchased all the books that I could find on astrology, and studied at home. I recommend Stardust on the Spiritual Path, as a wonderful guide that may save you endlessly repeating karmic lessons via understanding what type of karma you are working through, and move beyond such. Sethi also explains about positive karma and free will. You will find many spiritual gems gleaming from this book.

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