

For anyone on the spiritual path, often the final hurdle to true, lasting fulfillment is overcoming deep self-hatred. The hurdle is in facing what we think is the truth of who we are - worthless, no good, unlovable, and possibly unredeemable.

In this powerful compilation of monologues and interactions, Gangaji first addresses how we perpetuate worthlessness in our daily lives. Then, penetrating the raw emotional layers of self-hatred, she demonstrates how we can naturally and effortlessly meet the absolute worst in us. Only in that meeting can we see our true face - love itself