



# My Life of Love and Truth: A Spiritual Autobiography

*Barry Long*

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## **My Life of Love and Truth: A Spiritual Autobiography** Barry Long

This posthumous autobiography tells the story of Barry Long's life from his early years in Australia to a career as a successful newspaper editor and then how successive spiritual crises and realizations made him into a spiritual master who changed the lives of thousands of people around the world. It is a candid and sometimes painfully honest account of transformation by love and the transcendental. Liberation or spiritual freedom is not gained by trying to be like everyone else. Liberation is to have the will, the power, the simplicity to be what you are from moment to moment, without pretence and without considering what you or others think you should be or should not be. Naked of being anything, you must stand, and stand alone.

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