

Awakening: The Way to the Light

A. Ecem ARAT GÜLER

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A. Ecem ARAT GÜLER

Ecem Arat Güler was born in Ankara in 1988. She studied child development and education, and later graduated from Anadolu University's Department of Social Sciences and Services. With a deep interest in human development, consciousness transformation, and spiritual awareness, she has embarked on a personal journey of inner growth.



She has attended various trainings and seminars focused on Attention Deficit and Hyperactivity Disorder (ADHD) in children. Continuously expanding her knowledge in the areas of spirituality and personal development, Güler has participated in the Sufi Text Readings (Fusûsu'l-Hikem) program at Üsküdar University.

She has also completed training programs including ThetaHealing (Basic DNA, Dig Deeper), The Cognitive Recovery Method (CRM), and the Spiritual Life School (Marifet School). A. Ecem Arat Güler, who specializes in discovering the deep meaning of life, understanding the power of faith, and shaping life with conscious awareness, shares her valuable knowledge and experiences in her book, "Awakening: The Way to the Light."

Aiming to guide individuals on their personal and spiritual development journeys, Güler continues her passionate studies and research.

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FOREWORD

This book is written to look at life with a deeper awareness, to internalize gratitude and thereby give meaning to existence, and to consciously experience the blessings that the universe offers. When we realize that every moment is a gift, the miracles in life become even more visible. And at that moment, the soul of the human being attains true peace.

Now, let's embark on a journey together. Let this journey be a process of discovery, stretching from the outside to the inside, from the visible to the invisible, from matter to meaning.

A book born from your heart, for you...

At the Beginning

Life is a journey that pushes a person to their limits. The challenges, pains, and disappointments we face at every turn are, in fact, teachers that remind us who we truly are. I, too, have been through a lot on this journey. My heart has been broken many times; I've been deeply wounded in the most unexpected ways by the people I loved. My tears often became silent prayers. While pain burned inside me, I learned to be reborn with every collapse. Every wound made me more mature.

Every injustice made me love justice even more. Every heartbreak strengthened my heart. Instead of carrying my disappointments like a burden in my heart, I accepted them as a part of my life and grew. I was not defeated. Because I always relied on God's will. Even in the midst of my pain, I knew that my God saw me, that God heard me. I took refuge in God, and drew strength from Him.

Thank God (Allah), I managed to come through all these hardships standing tall. Every wound made me more of who I am. Now, when I look back, I realize that everything I experienced turned me into a better person. My pain did not wear me down; on the contrary, it recreated me. Endless thanks to my God (Allah) for making me not weak, but strong and patient...

Of course, along with all these, I also experienced beauty.

Everyone has a journey in life, and my journey has been a process that matured me and tested my patience. In moments when I faced hardships and felt helpless, I raised my hands to the sky and took refuge in my God (Allah). I prayed, "Grant

me the strength to endure and help me get through this with ease and goodness.” And each time, I felt a sense of peace in my heart, because He was hearing my prayers.

My faith in God (Allah) became a light that illuminated my path even in the darkest moments. It was always He who protected me, strengthened me, and increased my patience.

Perhaps this journey was meant to smooth out my rough edges. Every event I experienced, every lesson I learned, every person I encountered brought me to who I am today. Some made me laugh, some hurt me, but each one taught me something.

I learned what love means, what patience and forgiveness mean and sometimes, what it means to let go. That’s why I am grateful to every person who touched my life and to every experience I’ve lived through.

This journey tells my story, and in every line there is gratitude, in every line there is a prayer.

With the intention that it may be a means of healing for everyone who reads it. Every moment we live, every experience whether bitter or sweet is actually a lesson, a guide. These lines I’ve written are a reflection of my own journey; sometimes memories I recall with a joyful smile, and sometimes difficult trials that still ache within me. Yet each of them became a step that shaped me, touched my soul, and helped me grow.

While writing this book, I tried to leave a piece of my own stories, a trace of my own heart in every line. The happiness I experienced taught me gratitude; the hardships taught me patience and resilience. As I walked through life while falling and getting back up I came to realize that every moment holds meaning. Because each moment, in unseen ways, carries us to another place; even if we are unaware, it adds something to our soul. I hope that within these lines, you find something that speaks to your own story, your own wounds, and maybe even