



The Light

Ofer Cohen

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'THE LIGHT ' is not a story, a theory or a new meditation philosophy, the light is a healing & enlightenment book .

‘THE LIGHT ‘is a spiritual journey into man existence. ’’A healing mystery which have the power to lead you to clarity’’ .

The book was originally written for the purpose of healing and achieving inner peace. You may need to read it few time to understand the meaning of its unique text.

Part of the book was written during the time the writer spend in the Himalaya mountains of north India, It took more than 8 years until this book was finally brought to english translation.

’’ The source is light, and light is all; it’s the essence of the cycle. Light is a flowing stream contain awareness, it’s the source of all creation, the light create all dimension and manifest all living thing, the light can be seen or unseen’’ .’’We are all one and one is all; we are all enlightened yet awaiting to be awakened. Enlightenment is a state of mind, which appears when you are able to see the truth. The truth can only be found within you. You will slowly become a witness of your own being, realizing why and how people creating their own misery; now your light can be seen ,this is an evidence of your experience with your true nature ; you fulfill your life purpose on your final destination to merging with the main stream of light.

The Light Details

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From Reader Review The Light for online ebook

Theresa El-Thomas says

*****Vibrating at its highest frequency*****

This book is a book that contains healing frequencies and the light of awareness. Very deep and enlightening, bringing you back to the source.

I ab-soul-tly LOVE this book and it will have a perminate place on my book shelf/alter. This is a book you will read over and over again. It gives you a feeling of peace and love, Oneness with the universe. This book is POWERFUL and will help you dive deeper into yourself and into the quest of enlightenment.

I wanted to share some of my favorite verses from this book in my review and right before I was finished typing it out and submitting it my computer shut of. I am going to take that as a sign and leave them out. I highly recommend this book for a mutitude of reasons. I will be reading and studying other works by this author. He is spot on when it comes to the light of awareness, understanding, love and healing.

Ayana says

A friend of mine highly recommended The Light book by Ofer Cohen to me and I haven't been able to put it down! He really hits the nail on the head when speaking about how success, happiness and inner peace are positive vibrations. I have always believed that ones thoughts can have a positive or negative impact on their life and well-being and this book just validates what I have always been think. The Light book is quite frankly a literary masterpiece and has changed my life! I highly recommend this novel as it is simply the best book that I have read to date!

Geeta says

Following up on my previous review in December, I have been reading this booking over and over again since with emphasis on Chapter 4 and miracles have started to happen.

Firstly the book brings a special understanding to the inner self each time I read it. There is a sense of calmness, peace and acceptance of the journey of the soul which no other book I have read has provided. It creates a sense of focus, of living in the now and a sense of detachment which is extremely hard to achieve in the fast paced world today.

There is also a very different side of the book which only works with re-reading the book like a holy book filled with mantras. This when miracles start to unfold - dreams, aspirations, goals are achieved and magic happens. My personal story involves getting my dream job after being unemployed for 9 months – not only did I get a job with the company I wanted to work for since university but also getting a 30% pay increase vs my previous job. This is something unheard of in the turbulent market today and my family, friends cannot believe that I have found such an opportunity every time I tell them. Many of my friends and family have now purchased this book and are now reading it to achieve their own miracles.

My experiences with this "holy" book can only be described as miraculous and I continue to read it again and again to allow the power of the book to be revealed and highly recommend it to others as more miracles continue to unfold.

Thank you Ofer Cohen for providing us with this magical text. It will continue to be my bible for life.

Roma says

After a long time, I finally have chanced upon a very interesting book. The "light" is not only unique, well written, but also appealingly different. This is not one of those books you can understand in one go, it's a book you keep by your bed side and read again and again, in order to absorb it in your system. The minute I finished read it, I felt as life is about to change it made me feel an immense amount of inner peace. I can guarantee every time you re-read this poem you will learn something more profound and new than your previous read. It is definitely not the typical run of the mill self help books, it teaches you and talks about a way to live life simply. The philosophy is new and fresh and that what makes it so exclusive...Waiting for your next slice of enlightenment Mr Cohen...Kudos

K.A. Thomas says

After my father passed away from Cancer just a few months ago I have been doing some soul searching. I have become more in tune with myself and surroundings on a spiritual level helping my mind release stress and become more at ease with my surroundings. I was intrigued by the title "The Light" so I purchased it and found it to be immediately soothing upon reading. We all have our stressor's, our busy lives and today it is extremely important to allow our mind and body to just relax, release and accept.

Today's world is so busy going in every direction that at times people don't know when to slow down, stop and just enjoy what they have. This book arrives at just the right time as it lets you do exactly that. I found this book allowed me to go deep within myself and find a place of peace and healing. I would recommend this book to anyone that does meditation, yoga or someone that just wants inner peace, healing and enlightenment. The poems are beautiful and peaceful which will allow you to really go deep within yourself - leaving you feel renewed.

Adam says

"The light" is actually a first spirituality book that I have read. It turned out to be very interesting title, an English translation of Hebrew version.

The book main concept is the light, meant as the natural force, which, if followed, directs a man in the right direction. I have liked it very much - as the book is written in the form of poems, I have found it very peaceful, calming and it has greatly improved my mood.

I think that the most important thing is that "The light" is a book which aims to heal the troubled mind of a modern man - and does it perfectly. My favourite chapter is chapter 4 - "Understanding" which, among many other things, teaches how to let go of negative emotions.

I would certainly recommend this book to anyone.

Herela Hodaya says

I was reading the Hebrew version of this book and it is one of the most enlightening book I have ever read!!! It felt like healing reading this book , and was giving me a deep understanding of our soul and how to achieve inner peace... wow!

Sofia says

It started as a curiosity but once I picked I couldn't stop Reading. The simple words glue together all the pieces of the world, life, and light. Everything is connected to form our existence as we know it. And the words evolve you and make you realize how the energy flows around and touches you. All lights merge together to materialize this magnanimous cycle. Once you are aware of your part in the cycle the transformation and evolution are seen in enlightened eyes. All bind together, life, death, universe, the elements, the eternal soul, and light. Helps you focus on your light how to manage it to enjoy it better. It awakes you to embrace the light within understanding.

Rachel says

Not a big believer in mantras and self help books; I received this book as a gift in May on my birthday. I was going through a very turbulent phase having lost a lot of money due to a fraudulent property deal and losing my partner of 12 years in the process as well. At the persistence of my friend I started reading the book daily and a few months passed and miracles started to occur. I not only seemed to have received luck in many forms but have also found the love of my life with a summer wedding planned in 2014!
Thank you Ofer Cohen - your book made me believe in miracles again

Bhagyashree M says

Amazingly ... A must read book. My own personal experience says that it just full of positivity.... After going through lot of hurdles in my family life the book " Light" came with new hope for me. Read the poems from it and surprisingly things really started changing. Life became more positive as my better half is now ready to shift on to New premises after the due realisation. This realisation never came before but things were certainly changed in well positive manner after reading these beautiful poems of life... Thanks to author for such a wonderful creation and healing our life through this beautiful book.

Best wishes to author
Regards
Bhagyashree

Preeyaa Gill says

"The Light" is a profound text, a spiritual awakening... a lifting of veils of our deepest layers in the subconscious, bringing forth a knowingness of the truth, an understanding of the essence of the soul's journey, bringing forth joy, hope and an awareness that stirs something within us, giving more clarity everytime we read it.

It is one of those rare books which transcends time bringing an expansion or an actual experience of one's shift in consciousness engulfing the reader into a bubble of pure positive energy bathing her/him with waves of peace, love and light, bringing forth healing on so many levels...

A must read... highly recommended!

Nouman says

I am not an avid "spirituality" reader but this book caught me off guard. I found it lying around at my girlfriend's house and started reading it and have been doing so since (this was 2 months ago). The book does not have the regular teachings as is the case of spiritual books but is made up of small chapters which explores the depths of the world around us. Whilst reading the book the first time, I was not able to grasp much but repeated reads have brought much peace and understanding into my thoughts and life. Things have started falling into place and I have experienced many business miracles. I am now recommending this book to both my friends and business associates in order to bring the same miracles into their lives and the world around us. Definitely a great read!

Akshaya Batta says

The simplicity of this poem is its USP. The aspect that interested me the most was that I felt extremely peaceful after reading the book. Like the cover of the book suggests, the words felt healing. I don't like long reads and most self help books are repetitive and long. This one is a quick read and extremely crisp. The author's view is very one of its kind, which kept me engrossed. I highly recommend this book to people who are feeling low and lost, there is something about it that just makes you feel focused and happy immediately.

Amy Catherine says

Easy read, that filled in the holes of my previous thoughts on light, the self and the universe.

I would recommend this book to anyone wishing to expand their view on enlightenment and spirituality. This book bridges the gaps in understanding.

Jaydev Adhikari says

I had got this book for myself and one of my very close friends. I would like to share the real life experience I had of this book.

First of all, I would like to say that this book, I think, operates on 2 levels. First is the level, in which it helps you achieve what you want, without even you realizing the true meaning of the book.

And the second level is when you understand the true meaning of the book, and understand what it is that you really want to be happy, and then begin your pursuit toward your happiness.

The friend I got it for, was having a lot of trouble getting married. She was under a lot of stress. I gifted her this book, and the author of this book, asked her to read it on full moon night (The book works BEST when read on full moon)....believe it or not, but SAME day, she met a guy, whom she got married to, within a month. The book gave her the confidence she needed to achieve what she wants. To get over her fears.

BUT...The tale doesn't end there. She did not understand the book and it's true meaning, and therefore, even though she got exactly what she wanted, it did not turn out in her best interest. And even though she got what she thought she wanted...She realized that she was not even sure enough about what she wanted.

I, on the other hand, tried to understand the meaning of the book, instead of wanting anything from it...and slowly but steadily, the book really made things happen for me, it made things happen in my life, which at first made me hate everything that is happening, but soon enough, I realized the larger picture and understood how big a difference the book brought to my life.

I am a person who never really believed in such things, but this experience changed my thinking to a large extent. The book has a lot of power, but how to use that power is a knowledge that you gain after reading it again and again and then doing a lot of self thinking.

I would also recommend having a session with the author to discuss your life and how the book can help. It will help you to understand how to approach the book.
