

# I am Light

A Practical Guide to Self-Awareness



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**Miika Vestala**

## **Acknowledgements**

I wrote this book entirely on my own, but it did not come out of nowhere. Life is a journey, as I have often said to myself and my fellow travelers while writing this book. I am grateful for every encounter with people. These encounters have served as points of reflection and sources of inspiration for writing this book. These encounters have taken place on social media, among my close circle of friends, at work, and with complete strangers. By traveling with curiosity and without expectations, I have been able to dive deep into myself and genuinely immerse myself in people's life situations. These situations have involved human encounters, caring, very personal experiences, and growth.

It has been wonderful to witness my fellow travelers' experiences of spiritual growth and finding their own voice. Many people have thanked me, for example, for guiding them to a place where they can feel good about themselves. The gratitude I have received while writing this book and discussing people's life experiences has been invaluable to me.

I realize that this book has an important purpose for people and their lives. This purpose has made writing the book even more meaningful. I hope that you, too, will find greater meaning and a place where you feel good about yourself with the help of this book. When you wake up, you will realize that your life is just beginning.

Miika Vestala

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## **Publication**

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## 1. PREFACE

- *"My mind tells stories" – this is how my mind works. These stories are harmful narratives from different periods of my life, mostly from my past – my mind tries to protect me, but it tells stories that limit my life. The paradox arises from the fact that a person who is asleep is not aware of the stories but lives guided by their mind. An awakened person, on the other hand, is aware and sees others living in a dream. My mind tells stories.*

As you read this book, you are learning something, or at least you think you are. However, it is important to note that: spiritual growth is about unlearning. Before you can learn, you must understand how to let go of things. Since you have this book in front of you, you have already made a choice. Perhaps you want to get to know yourself better or connect with something bigger and more meaningful. It is also possible that you have been through a major crisis or crossroads that has brought you to this book.

This book was born out of a collision of many things. I first became interested in spiritual growth on my own path while searching for meaning. The final important step came when a life crisis pushed me into deep waters. That's when I started to think about the deeper meaning of life. Eventually, I found it, and inner peace descended upon me. I wouldn't change a thing; I am extremely happy with where I am in my life.

I wanted to create a book that offers a concrete guide for those on the path of spiritual growth. The book has something for everyone to grasp. Whether you are in the eye of the storm right now, generally interested in the subject, or reopening your wounds after several years of therapy. If you are longing for

meaning in your life and existence, or want tools to deal with people, things and emotions, then you have come to the right book.

With the help of this book, you will strengthen your authenticity in relationships and find new opportunities to see yourself in relation to the world. This will also allow people to see you in a new light.

Another reason for the book's relevance lies in its a social and professional perspective. Constant change has been accelerated by the pace of digitalization, and the demands for efficiency in society and businesses have only increased. There is a constant drive to achieve more at the expense of people. Mental health problems have increased, and malaise has grown. People strive for constant comfort, which is impossible, and this makes us feel bad when things do not go the way we want. From these perspectives, things do not look very good.

However, I believe that this negative situation has had an impact on why there has been an increasing interest in self-awareness. People around the world are constantly waking up to reality.

Your perception of the desire for comfort will change as you read this book. Even if your trust is betrayed, it is extremely important that you are at peace with yourself and accept your past. All experiences, including negative ones, are important learning points in life.

Negative things will become important cornerstones as you progress through the book. They are trying to tell you something, so you will pause at them in the exercises. This kind of attitude toward situations brings a new perspective for facing things and learning. If you are too caught up in your feelings, you will become deeply entangled in the issue and begin to live reactively following, a familiar pattern. This skill is described in an exercise later in the book.

- *"Now I can understand how self-awareness really tells us what it means to be human. Before my awakening, I just existed, lived, reacted emotionally, blamed others or myself for things that happened, and was sad without knowing why. "*

Once you arrive at self-awareness, there is no going back. I would never want to undo things again. I have arrived at my destination, every moment is my destination... I am light. There is light in you. Let us, together, awaken to the light with courage. Let us awaken your light to shine brightly like a star. In the midst of a crisis, when reflecting on my own self, I may say:

- *"Take one step back and two steps forward. Explore yourself, grow, learn, face yourself."*

Take advantage of what you can internalize and use. However, everyone must walk their own path, and no one can walk it for you. There are always opportunities to brighten your own light, your self-awareness.

This book is structured around the path to self-awareness that I have created, which is reflected in the table of contents – so it is very important that you proceed step by step, chapter by chapter. When reading the book, don't rush through it. Take breaks. The book is structured so that it deepens from theme to theme, so it is best to proceed in order.

When I ask you to stop and think while reading, do so. It will help you to realize and process things and to distance yourself from the issues presented. Remember that this is my truth about things. You can and should build your own. Because no one can walk your path for you. I will give you perspectives that will lead you to your truth.

After many deep conversations, I thought I had a great opportunity to help, to guide people toward self-awareness or even a better way of being, perhaps to

help them see their own problems and important issues, their wounds. By utilizing my work experience as a nurse, the scientific wealth gained from my studies in education and other fields, and the deep connection with myself that self-awareness has brought me, I am a light for others who want to explore themselves, grow, and develop. For those who want to achieve genuine growth and development in their own lives. That is meaningful to me.

I wish you pleasant and insightful reading moments.

## 2. INTRODUCTION

Think of your life as a journey, a series of events. Not good or bad in themselves. Life is just a moment we are passing through. Life has begun somewhere and will end somewhere. What you do, think, and are in between is what matters. Life offers opportunities to learn, moments to reflect on yourself—most of us go through life with our eyes closed. Many have become blind to reality and lost themselves. Losing yourself has consequences.

Losing yourself means becoming conditioned by the environment in which we were born and live. Many of us have forgotten ourselves and act according to others' expectations. This is, for example, overshadowed by society, our parents, and our social environment. In addition, the digital environment further distances us from ourselves: we are influenced by what we should be like and what we should do in our lives. Do we think more about how we look than what we really want from life? So whose life are you living? Whose expectations are you fulfilling?

When something triggers unpleasant feelings in you while reading a book, then we are on to something. What triggers unpleasant feelings is your other side. There is no light without shadow, no shadow without light. When you face your own shadows, you learn a tremendous amount. They are places of learning. As long as you are unable to face your shadows, you are blindfolded and avoiding yourself in one way or another. This causes suffering. Suffering is a choice.

We get the message from many directions that life should be wonderful, pleasant, and enjoyable. If symptoms arise, we need to be fixed. But what if we have never been broken?

Humans are not born conditioned, but our environment shapes us to act in certain patterns. The environment includes, for example, society, culture, family, and various institutions. Have you ever wondered why children and young people may rebel or be defiant? What ultimately extinguishes natural curiosity?

An important part of being human and exploring oneself is having a strong connection to oneself – an interest in encountering oneself. This is not easy or self-evident. On the other hand, many of us live our lives in such a way that there is no room for pause. Look around you and wonder why so many people like to rush through their lives. Perhaps you are one of them. The question is, what are you going to do with the time you have been given? Are you going to rush through life until the very end? And then regret on your deathbed that you didn't "live" your life?

Do you blame others? Do you blame yourself for things that have happened? Do you worry about problems and their existence? Do problems define what you do and who you are? Do you often feel anxious? Do you envy others? Have you noticed that you think more about others than about yourself? Do you feel like you can't live without another person? This book explores questions and topics like these, which guide you toward a more self-aware existence.

Think about a place where you have inner peace and serenity. A place that remains and to which you can always return when you want to. This is awakening and self-awareness.

There are many different terms for becoming self-aware: awakening, enlightenment, becoming conscious, spiritual growth, spirituality, awakening, etc. Changes that self-awareness can bring: your relationships change as you change, you begin to understand many things more clearly, your behavior and being change, which may confuse people who were previously familiar with you. You are no longer dependent on other people, and what once felt

wonderful may no longer feel like anything at all. On the other hand, you will encounter things that are completely incomprehensible, not to mention all the experiences and possibilities.

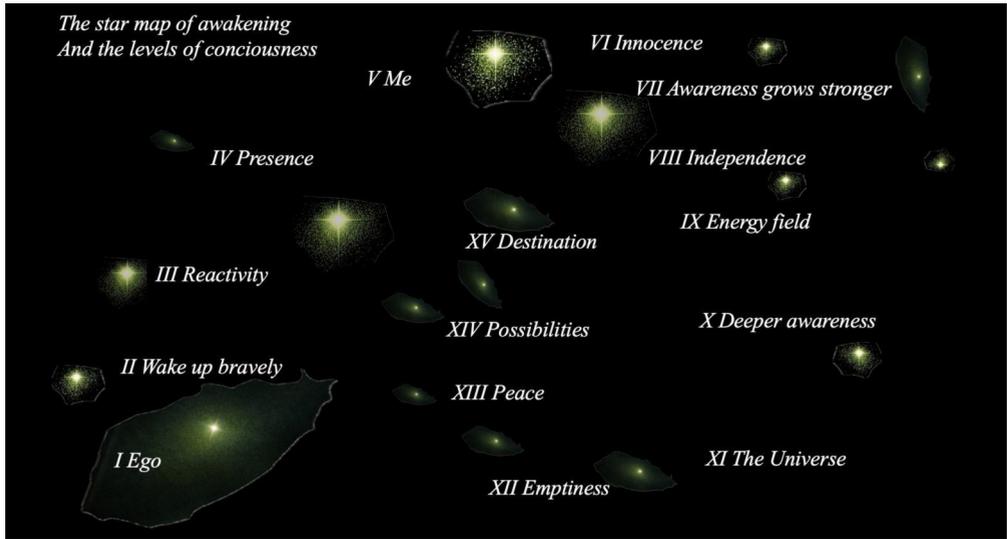
Dear reader, I wish you a good journey towards self-awareness, which, in the best-case scenario, will truly open your eyes. Let us boldly awaken together towards self-awareness. However, I warn you that self-awareness can completely change you. And it will. Imagine that your whole life changes, people leave, and you have to rebuild your identity. All the beliefs you previously held crumble.

This is where your journey begins. You will have to walk this path by yourself. Let this be your first important lesson. No one else walks the path that you walk, no matter how much you might think so. And if you live with the belief that two people in a relationship, for example, walk the same path, you are wrong. You always walk your path alone – stop, wake up, be brave.

- *I will help you get to the edge – but you have to take the step yourself.*

Have a good journey.

### 3 THE STAR MAP OF AWAKENING AND LEVELS OF CONSCIOUSNESS



The book's central theme runs along the lines of this image. The themes are the different stages of self-awareness that are relevant to awakening.

What does it mean to wake up bravely? Bravely (i.e., daring to do things despite fear, pain, danger, or uncertainty) I recommend that you awaken (i.e., wake up, face touching things, change, reawakening, becoming alert, becoming aware of something) to things that resonate with you (i.e., vibrate, speak to you, echo).

By being brave, you are being your true self. By awakening, you can wake up, become alert and aware of things, such as yourself. Being courageous means, despite fear, uncertainty, and possible pain, choosing the path of awakening, you dare to choose things that touch and alert you, that make you more aware

on your own path. For example, fear and uncertainty stem specifically from the ego. The ego does not want to be exposed. That is why courage is needed. To learn, break down old patterns and models, and ultimately find ourselves, we need to awaken.

This is my path, a condensed understanding of awakening and becoming conscious. I encourage you, dear reader and seeker of self-awareness, to continue on your path. Whether you are just beginning your journey of self-awareness, halfway through, have reached your destination, or are simply curious to explore this side of yourself. Seek out encounters with other people and depth in the things that awaken you.

You have this book in your hands for a good reason. You are reading it because you are at a point on your path where you are searching for yourself. You may have understood that you need to step off the treadmill where you know "how" to do things, but you have not previously understood that you need to ask "why" you do things.

Do not get stuck on one theory or truth, but be enlightened by the things that matter to you. The light lives within you, and you can only strengthen it through yourself. External things guide you and provide a foothold, but the answer lies within you, and in the end, it is very simple. Let's not reveal the simplicity at this stage; I believe it will become clear to you along the way.

During the chapters, you will encounter three images that illustrate the path to deeper consciousness. The images illustrate manifestations of deepening consciousness, points that affect different stages of consciousness. The images are my own handiwork, my sketches of the journey of consciousness.

Take a look at the star map of awakening at the beginning of this chapter. The map is a guide, a step-by-step progression. It is important that you proceed in the order shown on the map . Along the way, there are moments of pause where you are asked to reflect and ponder things. Almost every chapter has a question

**“Hey, you there. You are stronger than you think. What kind of traumas have you carried on your shoulders? Isn’t it time to feel light? Drop the stones and travel with me, my friend.” Life is a journey where every moment is a destination. Awakening lives within you; it’s just a matter of the moment when you stop and face yourself. When you awaken, your reactivity, your guilt, and your addictions cease. You willingly face your fears that have shadowed your being before. When you no longer dream, even unexpected dreams come to you. Peace takes over your being, and you can let go and be free. You accept the past, live in the present, and the restlessness of the future disappears from you. The joy of life takes over every moment, and you never want to be unawakened again. You are the light.**

