



## REVIEWS

"This book is a masterpiece of writing. Ivan has put a lot of time into this presentation and it is impressive. I like the modernization of the terms and analogies. What he has done is create a series of ideas to help people get in touch with themselves, decide what is of value and move towards that. It is a complete and modern spiritual path for those who are not attracted to a more traditional approach. I congratulate him.

Jhampa Shaneman  
Author of Buddhist Astrology

"Dr. Ivan Figueroa-Otero writes of a journey of love, compassion, and forgiveness we must all take as we truly embrace our inner Warrior of Light. It is easy to identify the 'enemies' out there, but real change will not show up [...] until we transform the 'enemy' we have created within, and often over the course of a lifetime. This is the power of forgiveness and reconciliation that Mahatma Gandhi taught us in his philosophy of nonviolence and this is the deep lesson of forgiveness and reprogramming that Dr. Ivan Figueroa-Otero so eloquently introduces us to in Spirituality 103. [...] As we approach our inner battle with love, compassion, and forgiveness, we begin to approach others [that way], knowing they are facing their own inner battles and lessons that we may or may not have already learned ourselves.

Missy Crutchfield and Melissa Turner  
Founding Editors, Gandhi's Be Magazine

"Dr. Ivan Figueroa-Otero's book starts by presenting us with *the silence*, taking us through his Melodic Cosmos to prepare us for one of life's most difficult tests: learning to forgive. The author courageously shares his spiritual awakening and, like any good doctor, gives us a prescription to win our internal battles. Through this battle he presents the Warriors - Light and Shadows. Of one thing I am certain: the readers will be able to eradicate the illness called *guilt*, and will get the vaccines needed to pass the tests of the School of Life, and reach a more fulfilling existence."

Anita Paniagua  
Entrepreneurship developer  
Author of the book *EmprendeSer*

"This book, and the two previous ones, show that he [Dr. Ivan Figueroa-Otero] is one of those rare intellectuals who, just by studying humanity, almost covers all types of knowledge, from the *corpus universalis* to an understanding of the human spirit. Spirituality 103 reflects a hybrid vision of occidental scientific knowledge and oriental arts and wisdom. The Epilogue is a gem of inspiration and creativity."

Dr. Eduardo Santiago-Delpín  
Transplant Surgeon and Immunologist,  
Distinguished Professor, University Of Puerto Rico

“Dr. Ivan Figueroa-Otero wrote a personal navigation chart for the road we call life. His education as a scientist and a Buddhist allows him to translate his spiritual reflections into a popular, common language. In this, his third book on self-help, Figueroa-Otero narrates the story of the Warrior of Light and conveys within us the desire to discover our own Warrior, and to launch the battle against the formidable enemies attacking us from all fronts. The setting for this battle is complex, and to describe it, he uses multiple references from mythology, religion, oriental philosophies, psychology, science, and occultism. The Warrior of Light will win its internal and external battles if it uses the most effective weapons: love, compassion, and forgiveness”

Rafael Trelles  
Illustrious Puerto Rican Artist

“The first time I read it I traveled to a world of particular and exceptional circumstances. The second time, I had to make decisions related to my character, which I sorely needed, and that I hadn't seen in my mind's mirror. The author transports us to the infinite world within ourselves, and takes us on a trip through the need of self-forgiveness in order to understand the need to forgive others, and the implications of that action on our mental, physical, and spiritual health. You have to read it to understand and explore the world of your own emotions and experiences, and to reach the place where you wish to be: your own spiritual introspection.”

Dr. Norman González-Chacón  
Natural Medicine Doctor, Father of the Natural  
Medicine movement in Puerto Rico

“This book by Dr. Ivan Figueroa-Otero doesn't only reflect his own life's transition, but contains an efficient formula to reach the most pristine and full integration of humans with complete and long-lasting happiness. It highlights an elaborate and elegant synthesis between different fields of knowledge such as psychology, psychiatry, genetics, spirituality, and philosophy. The book offers us methods and logical strategies to maximize our capacity of introspection, teaching us to maintain a crucial balance between the experience of life and its periodic examination, which in turn leads us to enjoy better health of mind. It frees us from ancient paradigms and conceptual limitations that cause anguish, and that so often push us to the emptiness of our own alienation.”

Víctor Lladó, MD  
Doctor in Psychiatry

"Dr. Ivan's book does a fantastic job of helping mankind to expand consciousness and come out of the darkness into the light, where one sees that the only barriers between man and his fellow soul-travelers and/or inner-peace are within one's own self-limiting beliefs and false perceptions of others! He conveys this premise using universal spiritual laws and their application to human's most pressing questions of "being". The book is beautifully written and vividly expressed! And his profound answers not only serve the individual but also the collective."

Amelia Kemp, Ph.D., LMHC  
Psychotherapist, Ordained Metaphysician,  
and Author of "From Psychotherapy to  
Sacretherapy® - Alternative Holistic  
Descriptions & Healing Processes for 170  
Mental & Emotional Diagnoses Worldwide"

“Dr. Ivan Figueroa-Otero, while examining one of human's most profound deficiencies: guilt, also examines (with final tests and everything) our ego's enslaving mechanism. The author performs a broad study of the subject, using familiar analogies and combining a profound sense of spiritual release and freedom - it is the culmination of three volumes of a real, practical manual for the 'School Of Life'... A true gem.”

Carli Muñoz  
Musician, Composer