

# Gnosis Entwined

## Diary of a Lightworker

Anthony Ecclissi

"When we work towards other people's dreams, our DIARY OF A LIGHTWORKER own pillows become empty shells."

The freedom of words allows us to swim in and out of the depths of existence. Take a journey through the elements that make us who we are as physical beings in a spiritual context, and explore the perspectives, philosophies, poetry and prose inspired by life's pleasures and pains.

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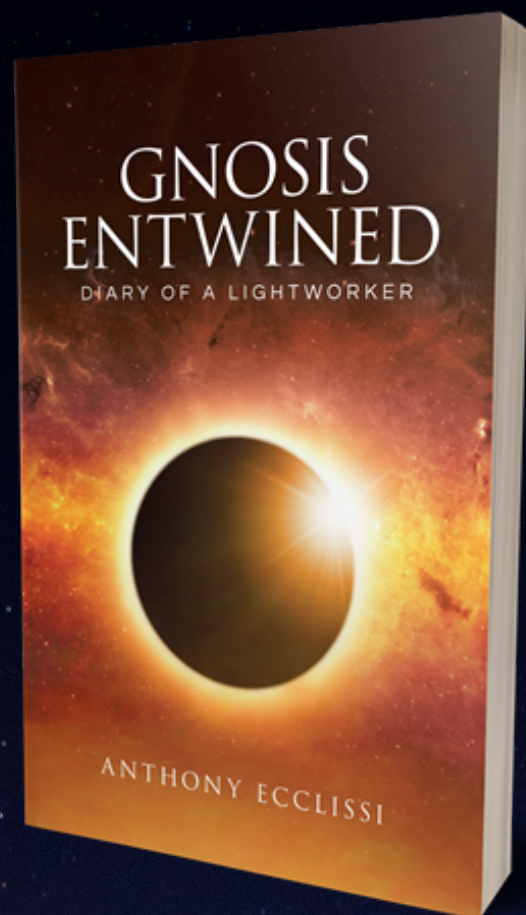
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Born & raised in Montreal, Anthony's Italian background mixed with the mostly English / French linguistic influence of the multicultural cosmopolitan city launched him into diverse journeys around the world living through varying perspectives.

His need to express himself and transcend his spiritual quest manifested in writing, singing and acting.

While travelling and reconnecting at home, Anthony continues his love of writing & film-making in both documentary & fiction with never-ending dreams of global spiritual unity.



# A LOOK INSIDE

## Body

Keep yourself grounded  
Don't be dumbfounded  
From the truth  
You all seek.

Inside your body lies  
Parts of the skies  
You cannot see  
But they are there

Well aware  
of their roles.  
Instead of being caught up  
In thoughts about others,  
Congratulate yourself and  
Give thanks  
2 sisters + brothers.

Where would you U B  
Without your body?

Your mind and soul would be lost.  
Think twice if its worth the cost.

Be grateful & peace will follow  
Life is wonderful when we let it flow



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& NOBLE