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Nicky Sutton offers this transformative guide to spiritual awakening, giving advice on manifesting, meditating and moving through any challenging parts of the journey from awakening to rebirth. A compassionate guide to the process and challenges of spiritual awakening, from breakthrough and enlightenment to finding peace, balance and connection with your higher self. How do you know if you're experiencing a spiritual awakening? If your sense of self is dissolving, or your perceptions of reality and purpose are transforming uncontrollably, then it's possible. Sometimes a significant life event, such as a loss, sudden insight, societal change, or a mystical experience, can cause a spontaneous and unexpected shift within us. Spiritual and meditation guide Nicky Sutton is here to help you navigate the waves of transformation as you awaken to further revelations. In this book she breaks down the stages of spiritual awakening and offers compassionate, practical advice to enhance your journey - including tips for manifesting, meditating, and developing your psychic and intuitive abilities. You are an ever-evolving being on the road to greater understanding, and this powerful and reassuring guide is here to help you rise to the challenge of spiritual awakening and find peace, balance, and connection with your higher self. World-renowned spiritual guidance expert, new-age thought leader Necole Livingston brings to light the secret spiritual code of life that every human being has at their disposal and the ability to master every single spiritual awakening one will ever have. From the moment one realizes she is experiencing a world colored with such ethereal vibrancy, her existence then transforms her human into a state of panic and confusion. While standing within a timeless paradigm, the shift that is occurring is felt by every single pixel of her entire being. Time stands still, yet the world keeps moving. As the veil is lifted, she is exposed to her life from the outside in and the inside out at the same exact moment of timelessness as she is still within her now. It is that very moment that same human will become aware that they are indeed a soul within a body and the life they have been living is getting ready to transform with overwhelming significance, yet unsettling and surreal calm. This book allows the reader their own private passage directly into their own paradoxical journey to actively engage and willingly participate in this thing that is happening to them called spiritual awakening. The best-selling enlightenment author skillfully helps the reader cultivate their own strategic approach to their awakening by applying the step-by-step, proven methods carefully outlined in this creative, interactive, priceless spiritual toolbox. With each invaluable moment, the reader experiences breakthroughs while controlling their own magnificent transformation, mind, body, spirit. The game changer to their own destiny has begun. "This is a must read for anyone searching to explore spirituality, purpose, and unbound freedom." - Greg Giesen, Award-winning author of *Monday at 3* and *Creating Authenticity* #1 Bestseller in multiple spirituality/self-help categories, this spiritual awakening guide teaches a natural path of enlightenment while telling the heartfelt true story of a young boy's mystical vision and his subsequent search for truth. "I can't remember a more transformative book." Through this work, amongst other things, you will: Receive new tools of awakening that blend seamlessly into your daily life. - "This book is worth getting just for this, but it's a whole lot more." Learn how the senses, thought, emotion and memory have imprisoned you, and discover the key to unlocking that prison. - "...one of the most profound books I've read in the search for answers to Love, Life, and Living!" Discover the nature of the mind, consciousness, the spirit and the soul, and how they interweave to limit or unleash the possibilities of your daily experience. - "You will look at the world a little bit differently after reading it." Learn how to turn your daily life into a vibrant journey of awakening. - "No gimmicks. No special pictures or runes. JUST YOU." "Any reader who likes to contemplate and seek the ultimate truth will not turn away from this book once he or she picks it up!" "This book, in my humble opinion, is the best literary tool for all human souls seeking their inner path to "Spiritual Unfoldment." "If you feel any drawing to read this book, know that it has the potential to transform your life." You can pick up your copy of this life changing book now by clicking ADD TO CART at the top of this page. This book is the gift of a discerning heart that offers both practical and inspirational wisdom to those who would live a discerning life. Meryl Yvonne is no ordinary woman. From a young age she experienced things of an "otherworldly" nature. Farmers would bring their ailing lambs to her for healing and to this day she continues as kaitiaki (guardian) of the animal kingdom. She has always had dreams that bring powerful messages. Throughout her life she has listened to her inner guidance. This book is the story of Meryl's journey and the life experiences that initiated her spiritual awakening. Some gently raised her level of consciousness, while others—when facing death—catapulted her beyond human endurance into her unwavering faith of the metaphysical realm. And in facing death, she receives her greatest understanding of life: humanity and the One Supreme Presence is one and the same. Meryl writes: In forgetting that we are God, that God lives in us and is all powerful and limitless in its potential, we became afraid of what life could do to us. We fell over and skinned our knees, so now we only wear flat, sturdy shoes. Join Meryl on this incredible journey, and find the healer, the love, the wise one, and the One Supreme Presence within yourself. www.waimarama-international.co.nz "Whatever lacks love is not fully formed in substance, and there is nowhere in creation that it can survive for long. As chaos, it must return to substance to reform into perfection. This is a Universal Law."—from the book *Suffering is part of the human experience, and everyone in the world is seeking relief. But there is something greater, something that we all share, indeed something that we all are, that can alleviate that pain: it is the formless presence—the loving, boundless awareness—at the heart of all experience. This book cuts through the esotericism surrounding spiritual awakening to help you realize your true nature and show you how to integrate that realization into everyday life. In life, there is turmoil and inevitable pain. There is war, hunger, failure, heartbreak, and trauma. We struggle in*

relationships and with our attachments, thoughts, feelings, and memories, trapped in the prison of psychological self-consciousness. Most of us have been conditioned to believe that we are all separate individuals to whom uncomfortable or upsetting things happen. We feel alone and isolated from the world, and convince ourselves that the beauty, truth, and goodness we long for are out of our reach. Really, it's this imaginary division that causes us to suffer. Boundless Awareness seeks to relieve this suffering by drawing attention to the beautiful, encompassing, cohesive nature of awareness itself, as found in your direct experience. Using practical, contemplative exercises and brief meditations, the author guides you along a broad path of spiritual awakening, deconstructing your delusions of self and separation and integrating a concept of existence that is free from the suffering of individual selfhood, but which acknowledges the attachments, traumatic experiences, and emotional pain of being human. With this book, you'll come to realize your innate perfection as the uncreated light of boundless awareness, and soften into the open, spacious, and unconditionally loving essence of existence. You'll gain a deeper understanding of pain and attachments, and learn to meet these experiences with a new resilience. Most importantly, you'll find guidance on how to embody and express this awakening as love, joy, service, and creativity in your daily life. What does it mean to be enlightened or spiritually awakened? In *The Leap*, Steve Taylor shows that this state is much more common than is generally believed. He shows that ordinary people — from all walks of life — can and do regularly “wake up” to a more intense reality, even if they know nothing about spiritual practices and paths. Wakefulness is a more expansive and harmonious state of being that can be cultivated or that can arise accidentally. It may also be a process we are undergoing collectively. Drawing on his years of research as a psychologist and on his own experiences, Taylor provides what is perhaps the clearest psychological study of the state of wakefulness ever published. Above all, he reminds us that it is our most natural state — accessible to us all, anytime, anyplace. A former editor-in-chief of "Yoga Journal" counsels readers on how to achieve inner peace and life satisfaction through a pursuit of enlightenment, in a step-by-step roadmap to every stage of a spiritual journey that features an array of customized exercises and personalized self-assessment sections. Helps you learn how to attain the three stages of human awakening - the process of self-discovery, the transformation into authenticity, and the source of consciousness - on the inner journey to your true self. This guide describes how spiritual attainment is not an unreachable fantasy, but a logical extension of human development. Jackie's journey into the unravelling mysteries of the spiritual realm started as a casual glance into her clairvoyant skills, a cute hobby, to pass the evenings away. The Angels had other plans. This story is the unravelling of the information, about the spiritual world through her eyes, as she discovers more about herself, her gifts, and her visions that turned into poetry. Written as a firsthand, introductory account of her awakening spiritual awareness, this book is set in a semi biography format, interlaced with spiritually inspired poetry. The reader is ushered through a variety of personal life lessons that eventually lead into discovering Love, Forgiveness, Gratitude, and Truth. Jackie shares with us experiences, which lead her to feel directed to share the messages, the questions, and inspirational thoughts that came through. The reader is encouraged to ask questions, and form their own opinions as Jackie's quest for knowledge opens the doors for people to explore their own views and experiences about the spiritual realm, and to learn more about the Truth of who they are. David James presents and explains his beliefs and theories as well as the concepts of astrology and numerology as he shares his journey to spiritual enlightenment. As a seeker of the truth, James offers insight into the lessons he gained from a wide variety of personal experiences throughout his lifetime. By offering a fresh perspective on how he learned to stop visualizing life from a materialistic point of view and began moving to a spiritual awakening, he allows others to envision a world of unlimited possibilities and new beginnings. James passes on the wisdom and inspiration he acquired from each life experience, and in doing so, he sheds light on such introspective issues as battling with negative energy, developing an awareness of the deep energies inside, releasing anger and life's expectations, and living consciously and intensely in the present moment. Through sharing the often intimate details of his challenging spiritual journey, James reveals exactly how he eventually reached a destination so peaceful, alive, clear, and vibrant that he is now able to exist in the here and now, achieving a level of awareness that once seemed impossible. Herb K., who is also the author of "Twelve Step Guide to Using the Alcoholics Anonymous Big Book", continues sharing his insights to the Twelve Steps by explaining the how and why, using his own experience along with traditional and universal spiritual wisdom. This book illuminates a path from the dark world of alcoholism and brokenness to a life of peace, purpose and fulfillment. Herb K. leads Twelve Step workshops, retreats and teaches spirituality and recovery throughout the U.S. and the world. In *Evolutionary Enlightenment*, Andrew Cohen redefines spiritual awakening for our contemporary world—a world characterized by exponential change and an ever-expanding appreciation for the processes of evolution. Cohen's message is simple, yet profound: Life is evolution, and enlightenment is about waking up to this fundamentally creative impulse as your own deepest, most authentic self. Through five tenets for living an enlightened life, Cohen will empower you to wholeheartedly participate in the process of change as your own spiritual practice. *Evolutionary Enlightenment* not only makes deep sense of life today; it will show you how to play an active role in shaping the world of tomorrow. “Taking the Path to Spiritual Awareness” is a guide and explanation of a spiritual path that can be followed to find and realize your oneness with God. The book is organized into two sections. Section One is sub-titled “A Close Encounter with the Teachings of Joel S. Goldsmith”, and covers the events of an imaginary day spent with him. Section Two is sub-titled “A Closer Look at the Teachings of Joel S. Goldsmith”, and is in a step-by-step format where each step is built on an understanding of preceding steps, leading toward being able to live a life governed by the knowledge and practice of your spiritual reality. The book is based on the teachings of Jesus as interpreted by modern masters, which have already changed countless lives in terms of improved health, a surer supply, increased harmony, and an enhanced love for all beings. To make the journey into the Now we will need to leave our analytical mind and its false created self, the ego, behind. From the very first page of Eckhart Tolle's extraordinary book, we move rapidly into a significantly higher altitude where we breathe a lighter air. We become connected to the indestructible essence of our Being, “The eternal, ever present One Life beyond the myriad forms of life that are subject to birth and death.” Although the journey is challenging, Eckhart Tolle uses simple language and an easy question and answer format to guide us. A word of mouth phenomenon since its first publication, *The Power of Now* is one of those rare books with the power to create an experience in readers, one that can radically change their lives for the better. For many people, the '60s were a period of reawakening. The political and cultural upheavals of the time had a tremendous effect on the spiritual lives of Americans, and American religion in its various forms and incarnations has not been the same since. Ellwood pulls together the changes that occurred in organized and disorganized religions during this turbulent decade. Radical formula transforms your money and spiritual growth into global change *The Awakened Millionaire* is a practical manifesto guiding you to new dimensions of personal wealth, spiritual growth, and as a result, global transformation. Crafted by Dr. Joe Vitale, a famed millionaire, best-selling author, and star of the blockbuster movie "The Secret," you'll discover a controversial formula that accomplishes what few believe possible: combining money and spirituality together to bring you more of both, while transforming you into a force for good in a world that desperately needs it. This book is a call to action, pushing you to wake up, stand up, and transform yourself into a powerful expression of your passion, your wealth, and your desire to make a difference. It is an invitation to become a true Awakened Millionaire, starting today. While most consider money and spirituality a blasphemous duo, Dr. Vitale shatters these social norms and shows you the true nature of money empowered with soulful purpose. At turns inspirational,

motivational, and conversational, this page-turner ultimately narrows in on practical steps anyone can use to see instantaneous results, regardless of your past failures, current financial situation, or future goals. But his mission is not to simply transform you. Dr. Vitale's mission is to create a swarm of Awakened Millionaires transforming the world with every action they take, while enjoying personal luxury and soulful fulfillment new levels of money and spiritual growth can give them. The book reveals: How to turn your passion into wealth How to transform money into a spiritual tool How to create a soulful mission that changes the world If you desire both wealth and spirituality, this book finally reveals how. Magical, paradigm-shifting, terrifying, and awe-inspiring, the spiritual awakening process is at the core of every human's quest for freedom, love, and happiness. In this groundbreaking book, spiritual counselors Luna and Sol detail the many stages, paths, and pitfalls connected with this sacred evolutionary process. By reconnecting with your Soul, you will discover how to experience the joy, liberation, and peace that you have been searching for all along. In these pages, you will discover: 1. What is happening to you 2. Why you're experiencing a spiritual awakening 3. The many spiritual awakening symptoms and stages 4. The three inner worlds of the spiritual journey 5. What to do when your awakening becomes a spiritual emergency 6. Signs you're experiencing Soul loss 7. How to retrieve and integrate any fragmented pieces of your psyche through self-love, inner child work, and shadow work 8. What spiritual "traps" you need to be mindful of 9. How to communicate with your Soul Through the inner work practices of Inner Child Work, Self-Love, and Shadow Work, this book gives you the tools to initiate your own deep psychological healing. By removing the blocks and walls that surround your Soul, you will be able to access deep levels of joy, creativity, energy, courage, peace, fulfillment, freedom, and love. The Spiritual Awakening Process is a psychospiritual manual that is composed of various articles that we have published on lonerwolf.com in the past. We have also added extra content to help illuminate your path and guide you through this sacred time of life. Spiritual Awakening is mostly autobiographical. It is the story of the author's life and how reflections and memories of events may have contributed to addictions to alcohol, work, spending, and lust. This awareness is chronicled by how the author recovered from alcohol and now enjoys over thirty-four years of sobriety. It further describes how the author is recovering from being a workaholic, spendthrift, and sex addict. It is a spiritual journey with all the attendant failure, suffering, humorous escapades, and trials that come into an addict's life. It also describes the solutions that can and will lead to recovery, joy, and serenity. If you share any of the author's defects of character, you will possibly identify. If you do, you will discover steps to take to achieve your own recovery and be restored to a life beyond your wildest expectations. Human beings are now evolving into a new species, popularized as the light body that starts to grow when our vibration is high enough to activate DNA that exists in our genes. The growing force increases the vibration of all objects over time. When the old body design no longer thrives in the increased vibratory field a species wide metamorphosis triggers. That is where we are today. In early 2006, Mary unexpectedly experienced a kundalini awakening after years of doing meditation. After this, she devoted three years full-time to the kundalini transformation and took daily notes. The core of Our Light Body is Mary's journal for the first year of kundalini transformation with notes, poetry, insights, visions and dreams. The book has chapters with the author's insights about the personality, the higher-self, steps of spiritual awakening, dark nights of the soul, DNA activation, kundalini, human metamorphosis and evolution. The first modern, comprehensive resource on spiritual awakenings, this pragmatic, clear guide covers everything from the first step on a spiritual journey to enlightenment, and the different types of spiritual awakenings, from mild to dramatic, we may go through. Using the concept of the twelve layers that cover an awakened state Mary Mueller Shutan addresses every step of the spiritual journey, starting with the Self and showing how family, ancestral, past lives, karmic, archetypal, and other larger layers such as societal, cultural, global, and cosmic energies condition us to sleep and obscure our realization of an awakened state. Instructions for how to navigate through each of these layers and how to recognize where we are in our spiritual journey are included each step of the way along with common physical, emotional, and spiritual symptoms that may be experienced. By addressing post-awakening states, oneness, dark nights of the soul, ego death, near-death and severe illness, psychic abilities, addictions, dietary changes, the God self, personal and collective shadow, and psychosis vs. awakening we understand the experiences we may go through while struggling with spiritual awakenings. This practical book opens new understandings of how to live in the world while going through an awakening process, and offers the revolutionary idea that we are meant to be humans, to have a physical body with physical, sensate experiences and emotions. We are meant to live in the world and be a part of it even as fully awakened individuals. This guide proposes a look at the possibility of leading a grounded, earth-bound life of work, family, friends, and other experiences in an awakened state. The wisdom that the 2012 code can inspire in us is to look directly at our lives, right here and now: What are our spiritual guiding principles? How can we live in greater harmony with all our personal relations? How can we embody genuine compassion? How can we become increasingly aware and self-reflective? How can we deepen our humility? How can we share our talents and gifts as a way to influence our culture and help manifest the new paradigm? How can we be of service to life, and positively contribute to the whole? How can we cultivate a balance of being and doing, receptivity and action? On this diverse planet, we all have different strengths, different abilities, different callings. Rather than looking to the world to show us our path, we need to look deep within our spiritual being and listen to our inner sense of how to navigate these times of the great unknown. It is essential we learn to hear the voice of our inner wisdom, our spiritual self. No one can give us wisdom; it is within all of us, born of our own direct experience. We each have our own direct connection to our spirit, and we must keep learning how to hear our divine, intuitive directives, whispering within. This ability to hear the voice of our inner guidance is the most practical skill we can cultivate in these times. It is what will inform us to how to synchronize in the right place at the right time. What one may see as mental delusion can actually be spiritual enlightenment. Allow me to be your prophet as I bring you into my fantasy world to help awaken your soul and allow it to evolve to its highest potential. Together, we can positively change ourselves and the world we live in today. Keywords: Self-Help, Mental Illness, Spirituality, Inspirational, Motivation, Self-Improvement, Self-Potential, Enlightenment, Spiritual Awakening, Empowerment How to Know God - Twelve Steps to a Spiritual Awakening is a practical, step by step, action plan to move beyond our limited self into our whole, connected Self. It utilizes the same method millions have used to escape the pits of addiction by achieving a personal relationship with God. If you want to witness real results in evolving consciousness to God Consciousness, this method has proven results, and is as simple as 1, 2, 3... Enlightened-ish is one of the most approachable, down-to-Earth books for anyone seeking a self-guided spiritual awakening. Gails work is honest, inspiring and undoubtedly a refreshing read in a market of deeply esoteric and trite testimonies about spiritual enlightenment and self-empowerment. Gails story begins with the unexpected death of her father. She dedicates herself to writing Enlightened-ish and the belief that this event will guide her to confront death and loss in a way that few have had the courage to do. She comes forward with experiences from childhood and adulthood with an outrageous audacity and authenticity. She confronts the death of her father, the loss of a spiritual community and the effects of witnessing a violent suicide, a health crisis and a break-up - all events which occurred in an 10-month period! Her ability to use storytelling as a means of identifying the universal truths that she calls the Twelve Freedoms of Enlightened-ish Living keeps the reader engaged in a polite spiritual voyeurism that has not been matched. Without exception, her tenacity about being fully human and fully enlightened-ish will change the trajectory of spiritualists in every religion. Never before has a memoir been written with so much conviction and humility, then packaged so powerfully that readers

everywhere will be awakened to the power of storytelling. Enlightened-ish is raw, conversational and unforgettable! Are you a spiritual person or are you religious? Do you believe in a God? Why are we here? These simple spiritual questions often come to our mind again and again. Most people never look for answers or do anything about it. Many are fastened down to their computers, laptops, smart phones spending too much time on social media hindering spiritual growth. Are you one of them? Why not spend a few minutes trying to figure out these important questions so that it will help you grow emotionally and spiritually. Keeping a spiritual journal is a good way to keep a tab on your spiritual journey. It's a good way to keep a record of how you think and how you react to things in life. This spiritual journal has 101 spiritually related questions. These questions come to most but few people actually look for answers. Writing your thoughts will help you in your spiritual journey; help you clarify your thoughts feelings and ideas. There are no right or wrong answers? The only right answer is asking the right questions? Buy your spiritual journal and start your journey to spiritual awakening. In *On a Path to Spiritual Enlightenment*, author Benita Glickman explores the role spirituality played in her life, from childhood through her golden years. Soon after Joseph, her beloved partner of thirty-eight years passes, he visits from the Other Side, levitates her, and shows her Heaven. Benita experiences a spiritual awakening. Conscious that a world greater than the physical world she knew exists, she begins a journey on a path to spiritual enlightenment. Through the practices of yoga and meditation, Benita relaxes and is strengthened by insights and epiphanies. Continued visits and dreams from Joseph uplift, inspire, and offer comfort and hope. With immense courage, and an omnipresent reverence for life, Benita shares her stories, welcoming you into her spiritual world of dreams and visions. Walk beside her as she develops insights into herself, others, the earthly world, and the spirit world. Celebrate her spiritual growth with her as she looks at life from a higher perspective. We dedicate this "Rise As One" book series to all those who have suffered through life's experiences. The reality is most of us have faced challenges, obstacles, feelings of abandonment, guilt, shame, resentment, anger, and feelings of not being enough. Know that pain is inevitable but suffering through life is optional. We hope these stories will free your heart, mind, body and soul. Carrying around the weight of the world is the burden that poisons the soul. The brave men and women (guest authors) who have chosen to share their life experiences have stepped forward to liberate those that suffer in silence. You are not alone; you deserve to be liberated from your prison of pain. To become awakened is not possible if you do not release this pain. We have been taught pain is bad, but the truth is God, and the universe, is giving you this pain for you to grow stronger. We suggest that you not ask God for life to become easier, instead ask God and the universe for you to get stronger. Featuring our guest authors and contributors: 1: Resilience Roberto Guzman 2: My American Dream Dave Pena 3: Inner Knowing Kristyna Wavrova 4: It Is What It Is Robert Aguilar 5: Rising To Elevate Paul Fisher 6: Being In His Presence Jorge Pantaleon 7: Remove Restore Revitalize Maureen Joy 8: When Everything Crashes Gerardo Tafolla 9: Cemetery of Dreams Miguel Sanchez 10: Evolve Into The Man John McNamara 11: Connecting The Dots Joe Schirmer Our intention is that the stories that have been shared with you in this book, bring you comfort and help you to realize, you are not alone. Breaking free from the past, will allow you to experience the ultimate version of yourself right here right now in this moment in time. In closing, may God bless you and your family. As you become more and more awakened, living more of your truth each and every day, know that your story matters. You have a gift to share with the world. You were chosen at birth out of the 97 million others. Know that when you share your story, not only are you going to be liberated, you're going to give others the permission to let go and be liberated. For me that is the ultimate gift in life. Lastly, our final intention for you is to take away at least one lesson from the stories you have just read and share that lesson with one person. Thank you! And when it's all said and done, together we will Rise as One. We love, honor and appreciate you for investing your time reading this empowering book! We invite you to visit us at www.riseasonebooks.com to look at our other books and to inquire about sharing your story, in one of our upcoming books. Tell your story and liberate your soul! For a chemist, the word catalyst means a substance that rapidly brings about change, allowing transformations to occur that may not have been possible without the introduction of that catalytic agent. For a spiritual seeker, the concept of shaktipat is understood in the same way. It is a moment of pure contact with the divine that quickens the journey towards awakening and raises the state of the seeker to an entirely new level of understanding and experience. In this volume of the Essential Spiritual Training series, Mark Griffin answers four of the most salient questions a seeker can ask: What is shaktipat? Why should I be interested in it? How is shaktipat given? When does shaktipat become available to me? This solo edition includes only the main author's material plus added bonus chapters not found in the original edition. Join us from the humble beginnings of a Spiritual Awakening to the revelations of Enlightenment. What started as a documented journey of self-discovery became a Spiritual Bible. We are all unique with a purpose. With an open mind, our connection to Spirit can be filled with blessings, joy and the potential for a wonderfully inspired life. www.losingyourmindtofindyoursoul.com Supporters of Losing Your Mind To Find Your Soul "People would have to buy multiple books to get everything you two are putting into this book" "I absolutely love your book. Honestly, I'm reading it again because it had so much information. It's deep and embodies so many aspects of spirituality. That's what I enjoyed the most about it. It's different because of that. Everything around spirituality, books, usually focus on only one or two areas. I think back to that time when I was desperately seeking answers and had no one around me to ask or talk to about this. If your book would have been available, wow, a game-changer. I can't tell you how many books I've read, especially when I was desperately seeking out everything and anything that talks about universal beliefs, all of it. Many things were, well, a waste of time. Then I would find a book which is a gold nugget. That's what makes your book amazing. You've covered so many things around this that even if only a few things resonate with a reader, you've given that person a trail and a path to follow. It will lead them to go and open more doors." - Beta Reader "Wow I can't put this book down such a great read." - Amazon Review This is an inspirational book that comes from the heart some are memories and some are just thoughts some stories will hit home and some will make you think I hope it inspires everyone and I hope it will make you think and realize how short life is and always remember it can happen to you In this inspiring and practical book, Andrew Seaton guides us to our true nature, the peace-filled observing awareness beyond the mind. The book explains how, beginning in our infancy, we experience a spiritual forgetting. The mind creates abstract interpretations of the world and who we are. These conditioned interpretations become self-fulfilling and create our life experience, our karma. Learn how to see the world as it is in reality, rather than through the distorting filters of the conditioned mind. Discover how simple it is to clear away the mist of the conditioned mind and instantly drop into the awareness Self, which is who you really are. Importantly, this book shows the reader how to avoid some of the common frustrations and traps in spiritual awakening. Perhaps best of all, it offers a simple strategy for holding in focus the ways of experiencing everyday life as the awareness Self: a simple strategy for spiritual awakening. *Spiritual Awakening Made Simple* offers a concise, unified and practical formulation that will help you to awaken to your own true nature as peace, contentment and connectedness with all life. I hope through this book that my readers experience the deep and profound effect that my daughter had on my life and of those around her. She came into my life as a catalyst pebble thrown into the proverbial pond of life, never to be the same again, forever changed. May this book also lift you up into the far reaches of the cosmos, where we are all the same. Cosmic stardust of love and light. Please note this is an updated edition of Enza Vita's *Always Already Free* which was published in 2015. This book is a practical guide to accessing an awakened state, offering a spiritual practice, "Instant Presence", that is based on Enza Vita's own profound encounter with enlightenment. She gets to the heart of what is wrong

with so much of our spiritual strivings: if a practice is bound to a goal then that is an obstacle, because in reality there is no goal to be achieved. What we are looking for is here now and has always been. Using a helpful question-and-answer format that highlights ways of embracing her "no-practice practice", Enza guides readers in searching for the individual "I" and realizing that this "I" does not exist. She explains the meaning of real meditation, which lies in letting go of control rather than in seeking to control the experience, and offers "presence pause" exercises and many hints and tips for letting your thoughts be and accessing true awareness. Her book shows that sudden awakening is an ever-present possibility, as well as revealing the power and seduction of our thoughts and emotions that keep us held in narrow self-definitions and create endless suffering. Enza seeks always to support readers' spiritual journey from their initial search through the integration of spiritual enlightenment into everyday life, showing that true awakening is not a faraway dream or mere intellectual knowledge but the direct realization of our true nature that is always available here and now. This brilliant contribution to our modern understanding of authentic identity and Presence brings us to a new awareness of ourselves and our innate wholeness and completeness." – Lama Surya Das, author of *Awakening the Buddha Within*. "This is a great contribution to our appreciation of the genuine voice of Pure Presence. It brings us to a deeper awareness of what it means to study the self and our intrinsic true nature as that which is already perfect, whole and complete. It is certainly worthy of your time and attention." – Zen Master Dennis Genpo Merzel, author of *Big Mind, Big Heart*. An amazingly succinct and accessible answer to the question "What is enlightenment?"—from one of America's most prominent teachers of Insight Meditation Former Buddhist monk and highly regarded Insight Meditation teacher Rodney Smith describes the process of enlightenment in a way anyone can understand—demonstrating in clear language why we operate with the illusion of separation, how we can move out of it to the realization of emptiness and no-self, and how we can live from that state of awakening. He provides brief, powerful exercises that enable us to challenge the reality of our thoughts in order to free ourselves from the illusion they keep us bound to—all the while steering us away from the temptation to regard spiritual practice as a process of self-improvement or a goal to be obtained. "With systematic precision, and with subtle wisdom born of a lifetime of practice, Rodney Smith uses science, psychology, and traditional Buddhism to explain the unexplainable: the how and why of authentic spiritual awakening . . . an original work by a contemporary spiritual master at the height of his powers." —Norman Fischer, author of *Training in Compassion* This Devotional Workbook compliments the book *Reflections of A Spiritual Awakening*. Too many Christians today are suffering from failure to thrive : These are babes in Christ who have failed to [spiritually] develop into mature (full-grown) Christians. In view of that, this interactive workbook (both teaching tool and spiritual journal) has been divinely created for individual or group study to draw Gods children into a deeper relationship with Him. Tired of hearing other peoples testimonials about God Dreams & Visions been deferred Suffering from Failure to Thrive Get ready to hear from God! Use this interactive workbook (by making journal entries) to reflect on your own life lessons while reading the book *Reflections of A Spiritual Awakening* as the author shares reflections of life lessons with you. This workbook will eventually come to life ... transforming into a spiritual journal as well as change your life. Watch as inspiration from the Holy Spirit guides you chapter by chapter *Renewing Your Mind* (Romans 12:2). Discover the simplicity of drawing closer to God Gain power and authority over your life Unleash your spiritual Gifts and Talents Walk in your true Purpose & Destiny Step out of your comfort zone. Start journaling today. Discover your divine connections with God just by taking these small steps [of reflecting and journaling]. You may share in spiritual awakenings with the author. Learn what it really means to overcome! Awakened from a deep wonderful sleep, I heard my name called from somewhere! A beautiful voice called out to me to, "Wake up, Wake Up, Eva! I need you to write for me!" An angel nudged me gently to get up. A vessel for God I was to become! Not sure of what happened to me; I was drawn to my office to write things I had never thought of before in my lifetime! My new path in life has become a journey that only the Lord knows. What was to become of the words that He had bestowed upon me? What future was He creating for me? What forthcoming messages will the Lord reveal? What secrets of the Kingdom will He divulge? Eva Hiers was born in Marion, Indiana, but grew up in Hazlehurst, Georgia. After graduating from high school, her career path took many roads, all for the love of traveling. She was able to fulfill one of her life's dreams of becoming a flight attendant. She married Billy Hiers and had one son, Austin. They also have a daughter, Dawn from her husband's previous marriage. She returned to her small town Georgia roots and settled down. After pursuing a degree in technology, she is presently a Technology Specialist for a local school system. **THIS BOOK WILL RELEASE YOU TO DO THE WILL OF GOD FOR YOUR LIFE!** In *A Spiritual Awakening*, revivalist Tommie Zito releases Christians to do the will of God with fearless faith. With years of successful evangelism to his credit, the author boldly decries the state of the Sunday morning ritual: The voice of the Lord is relegated to pointless sermons and denominational drivel. Religion has paralyzed the passion and desire of the believer to do the will of God. The Church is suffocating under the spirit of slumber, while believing all is well. **BUT THERE IS HOPE--YOU!** You and millions like you have the call, the passion and the desire to do what religion and its accompanying litany of legalism can never accomplish. You can change the world, your country, your city, your neighborhood, your home. Zito calls on believers to the last-day Church's mandate to be a "house of prayer," if it is to move in an anointing which will make the world take notice of the Most High God. Zito notes, "A church bulletin contains more social activities and outings than times set aside to really pray and seek the Father's face." The power of the Holy Spirit awaits all those who will respond to the burden of this book: to shake off religious irrelevancy and to do the will of God despite all opposition. *The Parable of the Hand and the Glove: A Spiritual Awakening* is the story of a beautiful peaceful, forgiving, divine hand that had deep gratitude, love, and compassion for everyone. The hand was happy with others and circumstances just as they were. It had great energy, which it used to bless everyone while interacting enthusiastically with other hands without negative judgment. The hand's communications were always uplifting. Then the hand noticed that the other hands had gloves on all of the time. When the hand was wearing a glove, no one ever saw what was happening inside the glove. It became increasingly difficult to distinguish between the hand and the glove. Soon, the hand forgot that all the gloves had hands inside, and it began thinking it was a glove. This hand could instantly put on a glove for just about any situation. The glove loved being right even more than it liked being at peace! It would do anything to get nicer possessions, greater security, higher status, and more attention. As a glove, the hand was certain that happiness was just around the next corner. But the glow from the attention and the new acquisition didn't last long at all—and that was where the trouble began. If the definition of classic literature is gaining new benefit every time you re-read it, *The Parable of The Hand and The Glove* is destined to become a classic.

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