



The Enlightenment Process: A Guide to Embodied Spiritual Awakening

By Judith Blackstone

Paragon House Publishers. Paperback. Book Condition: new. BRAND NEW, The Enlightenment Process: A Guide to Embodied Spiritual Awakening, Judith Blackstone, This engaging and inspiring volume describes the process of enlightenment as the gradual realization of our most subtle dimension of unified, all-pervasive consciousness. It also presents a road-map to uncovering the 'authentic self' at the same time as finding the path to enlightenment and oneness with other people, the world, and the cosmos. Using a set of simple but effective meditational and physical exercises, "The Enlightenment Process" clearly and expertly illuminates ways in which we can deepen our spiritual awareness, develop our capacity for contact with others, and reconnect with the world.

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