



## Let Your Soul Sing: Enlightenment Is for Everyone

By Ann Purcell

Dog Ear Publishing. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 8.9in. x 5.9in. x 0.2in. Enlightenment has fascinated people for millenia. Let Your Soul Sing overturns the commonly held belief that enlightenment is a state of consciousness possible only for a few rare individuals living in a forest or monastery. It points out that enlightenment is in fact the most natural state of life, available to everyone through simple, effortless meditation techniques that expand human awareness and perception of the truly unified reality of life. This book follows the authors journey on the path of enlightenment and also gives accounts of athletes, artists, musicians, and people from all walks of life who have had spontaneous experiences of higher states of consciousness at some point. Many never had a framework to understand their experiences or to systematically develop them. Let Your Soul Sing lays out the systematic knowledge of seven states of consciousness and how they can be easily unfolded through the experience of transcendence. It highlights extensive scientific research that confirms the development of health and brain functioning gained through meditation, and also explains how individuals experiencing inner peace simultaneously contribute to the creation of world peace. The style is...

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