



Wake Up Now (Paperback)

By Stephan Bodian

McGraw-Hill Education - Europe, United States, 2010. Paperback. Condition: New. 2nd Revised edition. Language: English . Brand New Book. Live a life of peace, love, and happiness through spiritual awakening In Wake Up Now, author Stephan Bodian--nationally recognized expert on meditation and spirituality and former editor-in-chief of Yoga Journal--reveals that spiritual awakening is not some faraway dream, or overly complicated to achieve, but an ever-present reality that is always available here and now. Based on his own experience and over 30 years of teaching the direct approach to spiritual awakening, Bodian has broken down the awakening process into five overlapping, loosely sequential stages: seeking, awakening, deepening and clarifying, embodying, and living the awakened life. Wake Up Now guides you through every stage of the journey, from the process of seeking through the often prolonged and challenging process of integrating the awakening into everyday life. This book is one of the most concise guides to spiritual awakening I have read. Both profound and practical, it guides the reader through the intricacies of awakening as only someone who has walked the walk themselves can do. The clarity and compassion this book offers the sincere spiritual seeker is both rare and welcome. --Adyashanti,...



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