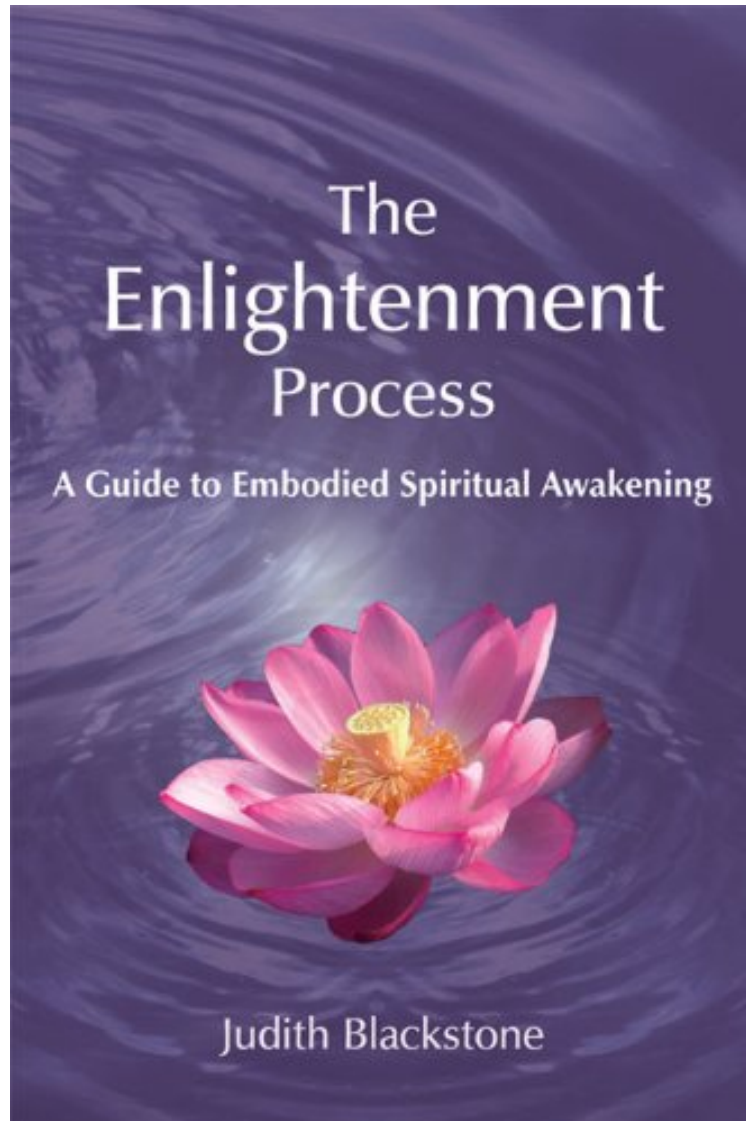


(Mobile pdf) Enlightenment Process: A Guide to Embodied Spiritual Awakening (English Edition)

# Enlightenment Process: A Guide to Embodied Spiritual Awakening (English Edition)

Von Judith Blackstone  
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**Von Judith Blackstone : Enlightenment Process: A Guide to Embodied Spiritual Awakening (English Edition)** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Enlightenment Process: A Guide to Embodied Spiritual Awakening (English Edition):

Kundenrezensionen Hilfreichste Kundenrezensionen 0 von 0 Kunden fanden die folgende Rezension hilfreich. Transparente Transzendenz Von Eternal Romantic Judith Blackstones wunderbar unaufgeregte und uneitle Einföhrung in

die subtileren Sphären des Seins gehören zum Besten, was es in dieser Richtung zu lesen gibt. Ob man davon die ultimative Erleuchtung erfährt, mag eher in der Natur des einzelnen liegen, wenn er diese bungen befolgt (auch als CDs erhältlich: The Realization Process) aber es gibt wenig vergleichbares. Das ist alles tief, geerdet und keineswegs abgehoben, wie man meinen könnte, denn Judith Blackstone weiß um die Gefahren und Fallstricke des Vermeidens notwendiger Konfrontationen. Wenn man diese Arbeit kontinuierlich verfolgt, kommt man auf jeden Fall ein großes Stück weiter, ohne seine Wurzeln zu verlieren. Da 'Erwachen' wirklich erst möglich ist, wenn man vollständig inkarniert ist, habe ich noch nirgends so gut herausgearbeitet gefunden. Leider nur auf Englisch, aber leicht verständlich. 0 von 0 Kunden fanden die folgende Rezension hilfreich. The Path opens Von Peter Steinhagen This book shows a path toward enlightenment. This is a big promise. This practice is available for everyone and easy to follow. It changes the world, one is living in. It connects us with all living things, as well as with the rocks and stars.

**Kurzbeschreibung** This new revised and expanded version of The Enlightenment Process describes the process of enlightenment as the gradual realization of our most subtle dimension of unified, all-pervasive consciousness. It also explains how we uncover our authentic selfhood and embodiment at the same time as we arrive at our spiritual oneness with other people, the world and cosmos. Using a set of simple but effective meditational and physical exercises for "subtle self" work, Judith Blackstone clearly and expertly indicates the way in which we can deepen our spiritual awareness, develop our capacity for contact with other people and reconnect with the world. Her lifetime of experience in depth-psychology, bodywork and kundalini yoga gives this book a distinctive authority and clarity.

**Pressestimmen** Judith Blackstone's The Enlightenment Process carves a clear path through the confusing nature of human life, cutting away the underbrush of our own misconceptions about and resistance to the practice of awakening. I recommend it to anyone—newcomers to the path of meditation and consciousness work, and those who have been studying for years. What a gem of a book, written by one of those rare authors who writes beautifully, from the core of her own experience, and in service of the reader's most noble self. Elizabeth Lesser, Co-founder, Omega Institute, and Author of The New American Spirituality and Broken Open: How Difficult Times Can Help Us Grow

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"Judith Blackstone's book is an important contribution to the field of "applied spirituality," shedding light on human possibilities, clarifying many areas that are often confused, and offering practical exercises to explore the nature of consciousness and the human soul. I find that there is much in this book that corresponds with my own experience on the Sufi path. -Kabir Helminski, Translator of Rumi and author of Living Presence and The Knowing Heart"

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