



When Spirit Leaps: Navigating the Process of Spiritual Awakening (Paperback)

By Bonnie Greenwell

New Harbinger Publications, United States, 2018. Paperback. Condition: New. Language: English . Brand New Book. Whether it happens all at once or gradually over time, spiritual awakening is an experience that may be accompanied by great insight, ecstatic bliss, or a mystical infusion of light, love, and vision. But it can be an overwhelming experience, too, leaving those to whom it s occurred searching for answers and understanding. Written by a transpersonal psychologist and non-dual teacher, this book will help you understand the phenomenon of spiritual awakening, and provide guidance and support for you on your spiritual journey. At the heart of most spiritual traditions is the understanding that we are one with all of existence. This realization, also known as spiritual awakening or spiritual emergence, can occur spontaneously, after years of spiritual practice, or through many other portals. Although awakening is often considered a purely positive experience, many people are not prepared for the ramifications of such a life-altering event. When your perception of yourself and reality has been altered, you may find yourself with more questions than answers. Where can you turn? Based on over thirty years of case studies, as well as the author s own experiences,...



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