

Living Deeply (Paperback)

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LIVING DEEPLY (PAPERBACK)



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New Harbinger Publications, United States, 2008. Paperback. Condition: New. Language: English . Brand New Book. Living Deeply transcends any one approach by focusing on common elements of transformation across a variety of traditions, while affirming and supporting the diversity of approaches across religious, spiritual, scientific, academic, and cultural backgrounds. Each chapter in the book ends with Experiences of Transformation, exercises drawn from wisdom traditions or scientific investigations meant to enhance your direct experience of the material. Opportunities to actively engage in your own transformation and that of our world are woven into the fabric of your everyday life. Learning more about the terrain of consciousness transformation can not only give you a map, but can help you become the cartographer of your own transformative journey. Research over the last decade at the Institute of Noetic Sciences (IONS) has systematically surveyed hundreds of people s stories of their own transformations, as well as conducting over 50 in-depth interviews with teachers and masters of the world s spiritual, religious, and transformative traditions. No matter who you are, where you come from, or what your current path is - whether you seek to transformation is stimulated and sustained can hold great power. Weaving together cutting-edge science with wisdom from teachers of the world s transformative traditions this book explores how people experience deep shifts in their consciousness, and how those shifts can lead to healing and wholeness. Research over the last decade at the Institute of Noetic Sciences with wisdom from teachers of the world s transformative traditions this book explores how people experience deep shifts in their consciousness, and how those shifts can lead to healing and wholeness. Research over the last decade at the Institute of Noetic Sciences has explored in depth the phenomenon by which people make significant shifts in the way they experience and view the world. Focusing in particular on

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