



## Soul Awakening Practice: Activating Personal and Social Transformation (Hardback)

By James O Dea

Watkins Media, United Kingdom, 2017. Hardback. Condition: New. Language: English . Brand New Book. In this period of great upheaval, James O Dea offers a profound message of hope. This is a book that demands active engagement - indeed, a revolution in your daily living - and provides a path for spiritual seekers of every persuasion. Lynne McTaggart, co-founder of What Doctors Don't Tell You Prayer and contemplation access the deepest aspect of ourselves, allowing us to radically transform our lives and the world; the deeper the reflection, the more we can be stirred to action. Using a beautiful six-line prayer as a springboard, thought leader and activist James O Dea lifts us into page after page of poetic contemplative reflections that illuminate our understanding of the soul's long awakening journey; the forces that open the heart and enlighten consciousness; the understandings and actions that dissolve wounds and secure lasting peace. What unfolds is a framework of unparalleled clarity, integrating sacred practice, wisdom teachings, science and conscious activism with essays from outstanding spiritual leaders and thinkers, including Barbara Marx Hubbard on soul awakening; Michael Singer on wounds dissolving; Ervin Laszlo on light shining; and Hopi elder Mona Polacca...



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