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Wake Up Now

Stephan Bodian

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Wake Up Now Stephan Bodian

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**, renowned spiritual teacher and author of *The Impact of Awakening* and *Emptiness Dancing*

Topics include:
Entering the Gateless Gate; Seeking without a Seeker; Freedom from the Known; The Practice of Presence; Who is Experiencing this Moment Right now; Spontaneous Awakening; In the Wake of Awakening; Embodying the Light; Freeing the Dark Inside the Light; The Awakened Life

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