

JOURNEY INTO NOW: CLEAR GUIDANCE ON THE PATH OF SPIRITUAL AWAKENING pdf

1: Leonard Jacobson (author) - Wikipedia

Journey Into Now, his newest publication, offers long-time travelers on the spiritual path and new seekers a detailed map to enlightenment and a clear description of what it will look and feel like when one gets there.

Personally it is a little over the top for me, although the author does make a few noteworthy points that I could relate to. The theme of this book is being present in our lives. Jacobson states that anxiety comes from either past or future expectations. In the present moment, we should be able to deal with each situation as it arises. At times we are feeling grief, but that is really just memories of past hurt. Usually, that hurt is not currently affecting us. He also reminds us to respond to our feelings as they arise. We should feel our feelings and not repress them. The repressed feelings bottle up inside of us and eventually can cause physical pain. The book is a quick read and everything is split into small pieces, so it is easy to pick up and read short segments as your time allows. However, some of the sections are just way too short. There are times he gives one or two sentences on a topic and moves on with no real explanation. I did take a few things away from it, mainly reminders of things I already know. This book with great clarity and simplicity teaches step-by-step how to rest in the abiding peace available in the present moment. There is no stress, tension or anxiety in the present moment, just watch a baby for a while. Even if unhappy, emotions move right through an infant, like clouds. Leonard teaches us to be here now, a place we never left. Leonard is one of the great teachers of our time. Sep 10, Israel rated it it was amazing A great instruction book on contemporary non-Dual philosophy and the art of being Present. Beautiful poetry combined with non-denominational psychological and spiritual truths. Highly recommended for meditators, Truth seekers, philosophers, and students of thought, mind, and consciousness.

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2: www.enganchecubano.com: Customer reviews: Journey Into Now: Clear Guidance on the Path of Spiritu

With perfect precision, the author guides the reader along a path of awakening which leads to liberation from the pain and limitations of the past into the joyful and unlimited world of Now. This book reveals, in the simplest way, how to still the mind and become fully present and awake in the truth of life.

Journey into Now is such a book. With perfect precision, the author guides the reader along a path of awakening which leads to liberation from the pain and limitations of the past into the joyful and unlimited world of Now. This book reveals, in the si Every now and then a book comes along which can transform our lives and lift us to an entirely new level of consciousness. This book reveals, in the simplest way, how to still the mind and become fully present and awake in the truth of life. As an essential part of his guidance into the present moment, the author penetrates deeply into the mystery of our existence. He reveals the hidden keys to enlightenment. He provides insight into the deepest questions, which we must face if we are to become fundamentally free. Each page of this book reveals a part of the mystery. There are hidden keys to awakening on every page. It is like a road map home. Journey into Now provides answers to questions that must eventually be addressed by those genuinely seeking to awaken. How do we heal and complete the past, so that we can be more available to the present? What are the primary obstacles to awakening? What is the role of healing, forgiveness, and repentance in awakening? How do we free ourselves from repressed emotions which can be so harmful to our health, our relationships and our enjoyment of life? How do we free ourselves from the tyranny of the ego? What are the hidden keys to enlightenment? Is there a Master key? Are past lives real? Is it possible to open into the direct experience of God and the Eternal Now? How do we live consciously in an unconscious world? To be present enhances every aspect of life. It empowers us and frees us from the pain and limitations of the past and anxiety about the future. When we are fundamentally present, we live without judgment, fear, and desire. We live in a state of acceptance. We live as love in the world. The illusion of separation has dissolved. We live with a strong sense of peace and a continuing awareness of the Oneness of all things.

3: Journey Into Now: Clear Guidance on the Path of Spiritual Awakening by Leonard Jacobson

Journey into Now is such a book. With perfect precision, the author guides the reader along a path of awakening which leads to liberation from the pain and limitations of the past into the joyful and unlimited world of Now.

4: Review of Journey Into Now () â€” Foreword Reviews

With perfect precision, the author guides the reader along a path of awakening which leads to liberation from the pain and limitations of the past into the joyful and unlimited world of Now.

5: Journey Into Now > Leonard Jacobson

The Paperback of the Journey Into Now: Clear Guidance on the Path of Spiritual Awakening by Leonard Jacobson at Barnes & Noble. FREE Shipping on \$ Buy 1, Get 1, 50% Off Jigsaw Puzzles.

6: Leonard Jacobson | Awaken

The greatest thing about Journey into Now is that it is wonderfully free of psychological and spiritual jargon. It has the power to transform, but only if the reader allows it. I read Leonard's first book, Words From Silence many years ago, and didn't "get" it.

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7: Journey into Now: Clear Guidance on the Path of Spiritual Awakening by Mary Bruggeman

Free UK Journey into Now: Clear Guidance on the Path of Spiritual Awakening [Leonard Jacobson] With perfect Journey Into Now: Clear Guidance on the Path of Spiritual Awakening Leonard Jacobson is a world renowned spiritual teacher and author of several books, Editorial Reviews.

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