



Wake Up Now (NTC Self-Help)

By Stephan Bodian

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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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Editorial Review

From the Back Cover

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--Adyashanti, author of "The Impact of Awakening" and "Emptiness Dancing"

By simply picking up this book, you've stumbled onto a path that's been hidden from you--until now. It's the path to enlightenment, and it has been traveled by countless individuals through the ages. But this path is a pathless one, a road that keeps changing as your own journey endlessly unfolds. "Wake Up Now" is your guide for this incredible journey. It won't tell you how many miles you must travel or whether the path will fork left or right, but it will offer you direct pointers that invite you to awaken now and navigate the obstacles, whether external or internal, that might block your path.

Whether you're new to the path of awakening or an accomplished seeker in search of further guidance, this book will show you that enlightenment is always available, right here and right now--just open your eyes.

About the Author

Stephan Bodian is the former editor-in-chief of *Yoga Journal* and the author of the bestselling guidebook *Meditation For Dummies*. Founder and director of the eight-month School for Awakening, he has studied with some of the great spiritual masters of our age, and has been teaching the direct approach to spiritual awakening for more than 30 years. A licensed psychotherapist as well as a Zen master, Stephan has been a pioneer in the integration of Eastern spiritual wisdom and Western psychology. His work has been featured in *Reader's Digest*, *Shape*, *Women's Health*, and the *San Francisco Chronicle* and his articles appear regularly in *Fitness*, *Cooking Light*, *Alternative Medicine*, *Tricycle*, and *Yoga Journal*.

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