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## Waking From Sleep Why Awakening Experiences Occur and How to Make Them Permanent

By Steve Taylor

Hay House. Paperback. Book Condition: New. Paperback. 304 pages. Dimensions: 8.4in. x 5.3in. x 0.9in. How much of your waking time are you fully awake? On the other hand, how often do you stumble through the day on autopilot, half-asleep and out of contact with yourself, instead of feeling connected and alive? In this astounding book, Steve Taylor suggests that our normal consciousness is really a kind of sleep from which we sometimes wake up into a more intense and complete reality. He provides what is perhaps the first-ever clear explanation of higher states of consciousness, or awakening experiences. This work delves into: the methods we human beings have used throughout history to induce awakening experiences, including meditation, sex, sports, psychedelic drugs, and sleep deprivation; how higher states of consciousness were normal and natural to some of the world's peoples (and still are, in some cases); and how we can make wakefulness our normal state again. By fully explaining awakening experiences, the author makes them much more accessible, which may lead to a revolution in our psychological development as human beings! This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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