



Journey Into Now: Clear Guidance on the Path of Spiritual Awakening

By Leonard Jacobson

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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. Perhaps the most important aspect of this book is the author's unique insight into the nature of the mind and ego. He describes in detail how the ego's resistance to Presence is the primary obstacle to awakening and how we can overcome that resistance in a simple and effective way. 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.

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Editorial Review

Review

Jacobson, author of four books, is a respected teacher, healer, and mystic. 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. Of special interest is his inclusion, at the end of the book, of his own very personal awakening experiences. Spiritual seekers need look no further than this book to find the inspiration, challenge, and direction needed to become a fully awakened Being.. --Kristine Morris, ForeWard Magazine

Journey into Now cuts through so much of the spiritual mumbo-jumbo that seems to accumulate in the hears on the path. It's not about the idea of being present, it's simply being present. What Leonard does in this book is step you through the obstacles to being present and give you exercises that lead you into the present moment. --Will Arndt, Producer and Director of What the Bleep

Journey into Now is a must read for anyone interested in becoming more fully present. It is one of the best books ever written about the nature of the mind and how to overcome the many and subtle blocks to awakening, including the resistance of the ego. It reveals in the simplest terms what the mystics and Masters have been speaking of for centuries. Simple and practical and yet profoundly mystical, Journey into Now is for those whose hearts and souls long to awaken. --David Welch, Producer of Peaceful Warrior

About the Author

Leonard Jacobson is a modern mystic and spiritual teacher who is deeply committed to guiding and supporting others in their journey towards wholeness. He has been running workshops and seminars for the past 20 years throughout the U.S., Europe and Australia. He is the founder of the Conscious Living Foundation and in 2005 he was awarded the Peace Prize by Religious Science International.

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